

Instructions:

Group leaders, take some time before your gathering to look over these questions. Ask the Holy Spirit to guide you as you pick 3-5 questions to discuss that pertain to your group's unique style and needs.



Series: In a Hurry

We live in the digital age with access to more information and modes of communication than ever before. There is always more to read, see, watch, and do in the deluge of news, social media, streaming platforms, and alerts. Many of us are left feeling behind, hurried, stressed, and just plain rundown.

But what is this hurried pace of life doing to our souls?

Join us this fall as we explore "how to stay emotionally healthy and spiritually alive in the chaos of the modern world." That is, how to slow down and connect with our God, our community, and even our souls. Jesus invites us to follow a way of love that is incompatible with a hurried lifestyle. Join us, as we adopt practices that will help us slow down and experience rest and life with Jesus.

Message description:

This week, we took a break in between teaching series for a service of worship and prayer. Sometimes it is good to focus ourselves for an extended time of worship, scripture, reading, and prayer, remembering that we were created to do just that- delight in God. As we offered up our adoration to God, confessions, gratitude, and supplications (petitions), we sensed God's presence among us. Thanks be to God, that, "by prayer and supplication with thanksgiving [we can] let our requests be made known to God" (Philippians 4:6). My hope is that as we continue to do this, "the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus" (Philippians 4:7).

Key Scriptures

Psalm 100

Psalm 103:1-5

Hebrews 12:1-2

Psalm 23

Proverbs 3:5-8

Romans 8:24-28

Questions Related to This Week's Message:

1. What did you appreciate about the service on Sunday?
2. How did you sense or hear God move/work?
3. Would you like to do a service of prayer, worship, and/or healing again?
4. As a recap of our previous series, do you feel less hurried than you did at the start of the series? Why or why not?
5. Have you noticed any change in your own hurry sickness [symptoms: irritability, hypersensitivity, restlessness, workaholism, emotional numbness, out of order priorities, lack of care for your body, escapist behaviors, slippage of spiritual disciplines, isolation]? What is your biggest need in this area moving forward?
6. How can we help hold you accountable as we continue to practice ways to un-hurry our lives moving forward?
7. If you missed one of the previous weeks' lessons as a group, consider going back to cover the teaching-based questions for that week.

Going Deeper: Pray together.

2 Corinthians 1:3-5

3 Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, 4 who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God. 5 For as we share abundantly in Christ's sufferings, so through Christ we share abundantly in comfort too.

James 5:14-16

14 Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. 15 And the prayer of faith will save the one who is sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. 16 Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.

Spend some time in prayer as a group. Sometimes we can overcomplicate prayer, assuming it needs to be an elaborate formula, or elegant speech, or extremely long. All we really need is to create intentional time and space to offer prayers for one another, that we might share in the comfort of Christ together and experience the Spirit's presence.

Consider the simple acronym of ACTS to guide your time of prayer together:

- A- Adoration.** *Share praise reports or reasons to praise God. (Reading a psalm together can help)*
- C- Confession.** *Leave space to pray silently or individually to confess sins.*
- T- Thanksgiving.** *Share something in the group that you are thankful for this week.*
- S- Supplication, or petition.** *Share concerns and prayer requests you have.*