

**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:**

Jesus put on display an unhurried life, where space for God and love for people were the top priorities, and because he said yes to the Father and his Kingdom, he constantly said no to countless other invitations. There is a myth in our western, American context that the good life is one marked by a lot of stuff. The more we have or buy, the happier we will be! But Jesus' teachings run counter to the messages we hear from the world:

- "Watch out! Be on your guard against all kinds of greed; life does not consist in an abundance of possessions."
- "Lay up for yourselves treasures in heaven...For where your treasure is, there your heart will be also."
- "You cannot serve God and money."

The Jesus way of life is one detached from our things and a thirst for more, where we can experience freedom, concern for the poor, and practice generosity. One habit we can begin to practice this way of life is simplicity. That is, to live simply. To intentionally live with less so that we can make space for more of what we most value before God. The goal isn't just to declutter our closets or garages, but to declutter our lives from the things that distract us and numb us to what really matters.

**Key Scriptures**

*Matthew 6:19-25*

## Questions Related to This Week's Message:

1. How did your practice of slowing go last week? What did you think? What did you find challenging or enjoyable? [Encourage each other to keep practicing! We aren't going for perfect, only present to God and our own spirit's/needs].
2. Do you feel less hurried than you did at the start of this series? Why or why not?
3. 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]?
4. Do you agree with Alan Fadling, that "the drive to possess is an engine for hurry." Where do you see this drive in our world today? Where do you see it in you?
5. Where do you sense a need to simplify your life right now? [schedule, stuff, etc.]
6. What is the anecdote to the vice of greed or avarice? Do you see how the practice of simplicity could help you live into this anecdote?

## Going Deeper:

### Read Matthew 6:25-34.

- How do you experience this passage differently knowing that it follows Jesus' teaching on money?
- What do you think Jesus meant by not worrying?
- How easy or hard is it for you to not worry when it comes to money? Why or why not?
- John Mark Comer argues that money can make our lives easier up to a certain point (i.e., having enough, not living in poverty) but after that there are diminishing returns in that more doesn't make us happier. Do you agree? Why or why not?

### Read 1 Timothy 6:

17 As for the rich in this present age, charge them not to be haughty, nor to set their hopes on the uncertainty of riches, but on God, who richly provides us with everything to enjoy. 18 They are to do good, to be rich in good works, to be generous and ready to share, 19 thus storing up treasure for themselves as a good foundation for the future, so that they may take hold of that which is truly life.

- What do you find challenging about this passage?
- In what ways does it reveal the way of Jesus to us?

**FOR MORE, CHECK OUT "RESOURCES FOR PRACTICING SIMPLICITY" ON OUR WEBSITE**