



## Ruthlessly Eliminate Hurry

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### APPETIZER: Jesus was Always Present

Present to God...

Present to the person in front of him...

Present to the world...

Present to his own body and soul...

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### DINE IN: Pathological Busyness and Hurry Sickness

- How do we spend our time?
- How did we get here?

A recent study found that the average iPhone user touches their phone 2,617 times a day. They are on their phone for 2.5 hours over 76 sessions. Another study on young adults put the number at 5 hours a day over 85 sessions.

- What is it costing us?

Mark 5:21-36, John 11:1-7

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### TAKE OUT: Jesus was the First Minimalist

- Sabbath
- Silence and Solitude
- Simple Living
- Slowing

Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly.

-Jesus

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## Home Church Questions

### **HANGOUT** [Warming Up to the Topic – in one Large Group]

1. After reviewing Sunday's message, talk about something you learned or any questions that remain.

### **HEAR** [Listening to God through Scripture – in Discussion Groups]

2. Read **Luke 10:25-37**.
  - a. What verse or idea stands out to you? Why?
  - b. In verse 27, Jesus outlines the ways we must love God. What actions or expressions of this love have you seen in other followers of Jesus? How does busyness interfere with your ability to love God in these ways?
  - c. What possible good reasons did the Levite and the priest have for passing the injured man? What good reasons do you give to excuse yourself from helping others in desperate situations? Discuss any that relate to priorities that are in conflict with living in the Kingdom (v. **27**).
  - d. What changes do you need to make in your life to have the time and financial margin to "go and do likewise" as Jesus instructs you?
  - e. Review the take out for ways that we can follow Jesus in his spiritual practices.

### **HUDDLE** [Making It Personal and Praying Together – in Huddles]

4. Use your Huddle Handout Questions and pray for one another.