

2021

Eliminate Hurry Week 1

Destroying what's destroying us



Overview

The rat race. Living the dream. Burning the candle at both ends. There are several things we call it, but, in the end, it's killing us. God never intended for us to live at a frantic pace, exhausted and defeated. In order to change how we are living, we must change what we're chasing. Pace. Prosperity. Peace.. These are all possible, but only if we are willing to do the difficult thing- be still. In this series, we will investigate an alternative way, a way that leads us to be fully who we are without compromise. But in order to get there, we must first eliminate hurry.

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Week One

Modern life moves at breakneck speed. It's a speed we weren't built for, and we're paying the price. If our life is a blink on an eternal scale, then how we spend what little time we have matters a great deal more than we might think. However, if we aren't careful, our need to control will only add to the problem. In the first week of this critical series, through one of the most dramatic events in human history, we will discover together how to eliminate hurry through exercising trust.

Key Takeaways & Action Items

- Time flies, and then you have none.
- Don't Be Afraid. Stand Firm. Observe God. Be Silent.
- To eliminate hurry, we must be willing to be still.

Group Discussion Guide:

1. What's this new pace costing us?
2. How much of your activity or decisions are fear based?
3. It comes down to this big question for all of us today: What's getting your attention?
4. Read James 4:13-15
James, the brother of Jesus, knew that Jesus had to die young to had God's plan for his life complete.. But that doesn't mean he didn't greive a short life with his brother. James is telling us that we need to live for God's will. The question is, what do you believe his will is for You? Do you feel your life shows his purpose?
5. Read Exodus 14:10-12
It's true for all of us that it sometimes seems easier to live in sin, addiction, shame, etc. We'd rather live in slavery to our sin or shame, but we're called to take the path ahead to freedom. What are some things you know are keeping you captive? Do you have an obstacle that you know you have to push through to make it through your "Red Sea"? Why does it seem easier to stay behind, instead of taking the harder route to freedom?
6. Read Exodus 14:13-14
What are the 4 steps we're called to take when facing obstacles to get to freedom?

Resources & Scripture:

- "The rush and pressure of modern life," is the, "pervasive form of contemporary violence." Thomas Merton, 1966

- Come now, you who say, “Today or tomorrow we will go into such and such a town and spend a year there and trade and make a profit”— yet you do not know what tomorrow will bring. What is your life? For you are a mist that appears for a little time and then vanishes. Instead you ought to say, “If the Lord wills, we will live and do this or that.” James 4:13-15 (ESV)
- When Pharaoh drew near, the people of Israel lifted up their eyes, and behold, the Egyptians were marching after them, and they feared greatly. And the people of Israel cried out to the Lord. They said to Moses, “Is it because there are no graves in Egypt that you have taken us away to die in the wilderness? What have you done to us in bringing us out of Egypt? Is not this what we said to you in Egypt: ‘Leave us alone that we may serve the Egyptians?’ For it would have been better for us to serve the Egyptians than to die in the wilderness.” Exodus 14:10-12
- And Moses said to the people, “Fear not, stand firm, and see the salvation of the Lord, which he will work for you today. For the Egyptians whom you see today, you shall never see again. The Lord will fight for you, and you have only to be silent.” Exodus 14:13-14 (ESV)
- “So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. “So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today. Matthew 6:31-34 (NLT)