

2021

Eliminate Hurry Week 2

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.

Week Two

Let's be honest, eliminating hurry is easier said than done. Like it or not, living fast has become the norm. But, the default pace of modern life is costing us more than we think. And, to break the cycle we're going to need more than just a good sermon. It's going to take Jesus. Using his life as an example and taking his promises as true, will give us what we need to live with intentionality and peace. In the second week of this challenging series we will learn together how to take hurry head on and win.

Scripture: Proverbs 14:12, John 6:38, John 17:4, Matthew 12:46-50, Mark 10:46-52, Luke 7:44-47, Matthew 11:28-30

Key Takeaways & Action Items

- The Bible here is making one, main point beautifully: **there is a cost to the way we live.**
- We all have "defaults". Most of the time, we don't realize what those defaults are, it's the people around us that call them out in us.
- It's going to take effort to be **human-beings** instead of **human-doings**.
- Be well-boundaried. Be interruptible, but not deterrable. Be kind, but direct.

Group Discussion Guide:

1. We all have "defaults". Most of the time, we don't realize what those defaults are, it's the people around us that call them out in us. What are some defaults you've noticed of the people in this group? (restaurants, clothing, friend types..etc)
2. What are our defaults costing us?
3. ^ Most of the time defaults our defaults cost us T.I.M.E
Time
Influence
Maturity
Energy
-Give examples how the above acronym sacrifices relate in your life when it comes to defaults that cause us to be busy:
4. It would be irresponsible to not stop here and ask the question: how did you do last week, staying in the middle not running to or from? (in relation to busyness)

5. Three passages show us how Jesus leads us to “slow down”
 - a. Be Well Boundaried - Read Matthew 12:46-50esv
 - i. Is being boundaried a struggle or easier for you to do?
 - ii. Give examples of how
 - b. Be interruptible, but not deterrable. Read Mark 10:46-52
 - i. Jesus wasn’t distracted, but knew his purpose and when to put his mission on “pause” to help.. But not be codependent. How does this relate to you, or challenge you to work towards being interruptible?
 - c. Be Kind, but direct. Read Luke 7:44-47esv
 - i. Are you clear, or do you go around hard conversations to avoid hurt feelings?
 - ii. How can you focus on being clear, to be kind?

Resources & Scripture:

- There is a way that seems right to a man, but its end is the way to death. Proverbs 14:12 (ESV)
- There is a path before each person that seems right, but it ends in death. Proverbs 14:12 (NLT)
- There’s a way of life that looks harmless enough; look again—it leads straight to hell. Sure, those people appear to be having a good time, but all that laughter will end in heartbreak. Proverbs 14:12 (MSG)
- For I have come down from heaven, not to do my own will but the will of him who sent me. John 6:38 (ESV)
- I glorified you on earth, having accomplished the work that you gave me to do. John 17:4 (ESV)
- While he was still speaking to the people, behold, his mother and his brothers stood outside, asking to speak to him. But he replied to the man who told him, “Who is my mother, and who are my brothers?” And stretching out his hand toward his disciples, he said, “Here are my mother and my brothers! For whoever does the will of my Father in heaven is my brother and sister and mother.” Matthew 12:46-50 (ESV)
- And they came to Jericho. And as he was leaving Jericho with his disciples and a great crowd, Bartimaeus, a blind beggar, the son of Timaeus, was sitting by the roadside. And when he heard that it was Jesus of Nazareth, he began to cry out and say, “Jesus, Son of David, have mercy on me!” And many rebuked him, telling him to be silent. But he cried out all the more, “Son of David, have mercy on me!” And Jesus

stopped and said, "Call him." And they called the blind man, saying to him, "Take heart. Get up; he is calling you." And throwing off his cloak, he sprang up and came to Jesus. And Jesus said to him, "What do you want me to do for you?" And the blind man said to him, "Rabbi, let me recover my sight." And Jesus said to him, "Go your way; your faith has made you well." And immediately he recovered his sight and followed him on the way. Mark 10:46-52 (ESV)

- Then turning toward the woman he said to Simon, "Do you see this woman? I entered your house; you gave me no water for my feet, but she has wet my feet with her tears and wiped them with her hair. 45 You gave me no kiss, but from the time I came in she has not ceased to kiss my feet. 46 You did not anoint my head with oil, but she has anointed my feet with ointment. 47 Therefore I tell you, her sins, which are many, are forgiven—for she loved much. But he who is forgiven little, loves little." Luke 7:44-47 (ESV)
- Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light." Matthew 11:28-30 (ESV)