

2021

Eliminate Hurry Week 3

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 Three

Alright we get it, living a hurried life is not to our advantage. But is it really as simple as slowing down and being intentional? This week we will talk about strict application by looking at the life of Jesus and work through a skeptic's view of simplicity and Sabbath.

Scripture: Matthew 19:16-22. Matthew 3:1-6. Luke 10: 38-42

Key Takeaways & Action Items

- Taking a skeptic's view of hurry and turning it into a respect for sabbath and simplicity.
- there is a difference between simple and unrewarding.
- a decluttered life affords us the ability to enjoy it's good components more thoroughly.
- if our lives are full of tasks that threaten our passions and sidetracks that severe our relationships then living a fulfilled life will always be a fight.
- Scripture makes sense of simplicity
- a cluttered life can be encumbering.
- When you discover your purpose, present it proudly.
- The grind is good but growth requires intentional rest.
- The principle of taking time to ourselves to stop and enjoy the gifts of God to mitigate the endless stirring of our inner drive and motivate us towards our true purpose.
- "Jesus was led by the spirit into the wilderness because it was there, and only there, that Jesus was at the height of his spiritual powers. It was only after a month and a half of prayer and fasting in the quiet place that he had the capacity to take on the devil himself and walk away unscathed."
- Understanding your purpose means that you must prioritize it through simplicity and Sabbath.
- "You do not rise to the level of your goals, you fall to the level of your systems."

Group Discussion Guide:

1. "A decluttered life affords us the ability to enjoy life's components more thoroughly." This statement is proposing that like our possessions, some things or people could be **taking up space that is intended for something better**.. Does this relate to any areas of your life?
2. "Scripture makes sense of simplicity" Read Matthew 19:16-22
We see this guy owned so much but still felt "unfulfilled." Can you relate to this man? Do you feel like you have everything you need, but still want/need more?
3. Read Matthew 3:1-6
John knew his purpose since birth, and lived it out proudly. He dressed differently, looked different, and acted differently. He accepted that people around him had different purposes/giftings, so he just used his to be better each day. The question is, do you know your purpose yet? If so, are you living each day to fulfill that purpose?
4. Read Luke 10:38-42
We fail to spend time with God because we're focused on "the grind". The question is, which sister are you? (Martha- continually working away. Mary- rested and seeking time with Jesus over the grind.)
5. "The grind is good, but growth requires intentional rest." Rest is so needed, that God blessed 3 things in the beginning: Animals, Man/Women, and a Sabbath because each produces life.
 - a. Do you currently have a Sabbath?
 - b. If Yes, what does that look like for you? (rest looks different for everyone)
 - c. If No, as yourself what allows you to feel rested and when can you schedule time to do that more?
6. Through this series "Eliminate Hurry" we're talked about how dangerous it is to let life zoom past us while we're frantically trying to get from A to B. Last week we asked **"What is getting the majority of your time and attention?"** Now, we need to take a deeper look into the System for a Simple Life when thinking of what that thing is for you and go through these 3 steps:
 - a. Deep Observation:
 - i. Does ____ move me towards my purpose?
 - ii. Do I find rest/feel rested when doing ____?
 - iii. How do I "rest well" while ____?
 - b. Experimentation:
 - i. What are new ways you can try to find rest?

- ii. What are things I've wanted to do that I know I would enjoy, but can't because of _____?
- c. Skill Acquisition:
 - i. Once you've found what you're good at, what can you do to improve that skill set?
 - ii. How can you help others who are interested in this skill?

Resources & Scripture:

- Now behold, one came and said to Him, "Good Teacher, what good thing shall I do that I may have eternal life?"
...Jesus said, "'You shall not murder,' 'You shall not commit adultery,' 'You shall not steal,' 'You shall not bear false witness,' 'Honor your father and *your* mother,' and, 'You shall love your neighbor as yourself.'" The young man said to Him, "All these things I have kept [d]from my youth. What do I still lack?" Jesus said to him, "If you want to be perfect, go, sell what you have and give to the poor, and you will have treasure in heaven; and come, follow Me." But when the young man heard that saying, he went away sorrowful, for he had great possessions. Matthew 19:16-22 (NIV)
- In those days John the Baptist came, preaching in the wilderness of Judea This is he who was spoken of through the prophet Isaiah: "A voice of one calling in the wilderness, 'Prepare the way for the Lord, make straight paths for him.'" John's clothes were made of camel's hair, and he had a leather belt around his waist. His food was locusts and wild honey. People went out to him from Jerusalem and all Judea and the whole region of the Jordan. Confessing their sins, they were baptized by him in the Jordan River. Matthew 3:1-6 (NIV)
- As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!" "Martha, Martha," the Lord answered, "you are

worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.” Luke 10:38-42 (NIV)