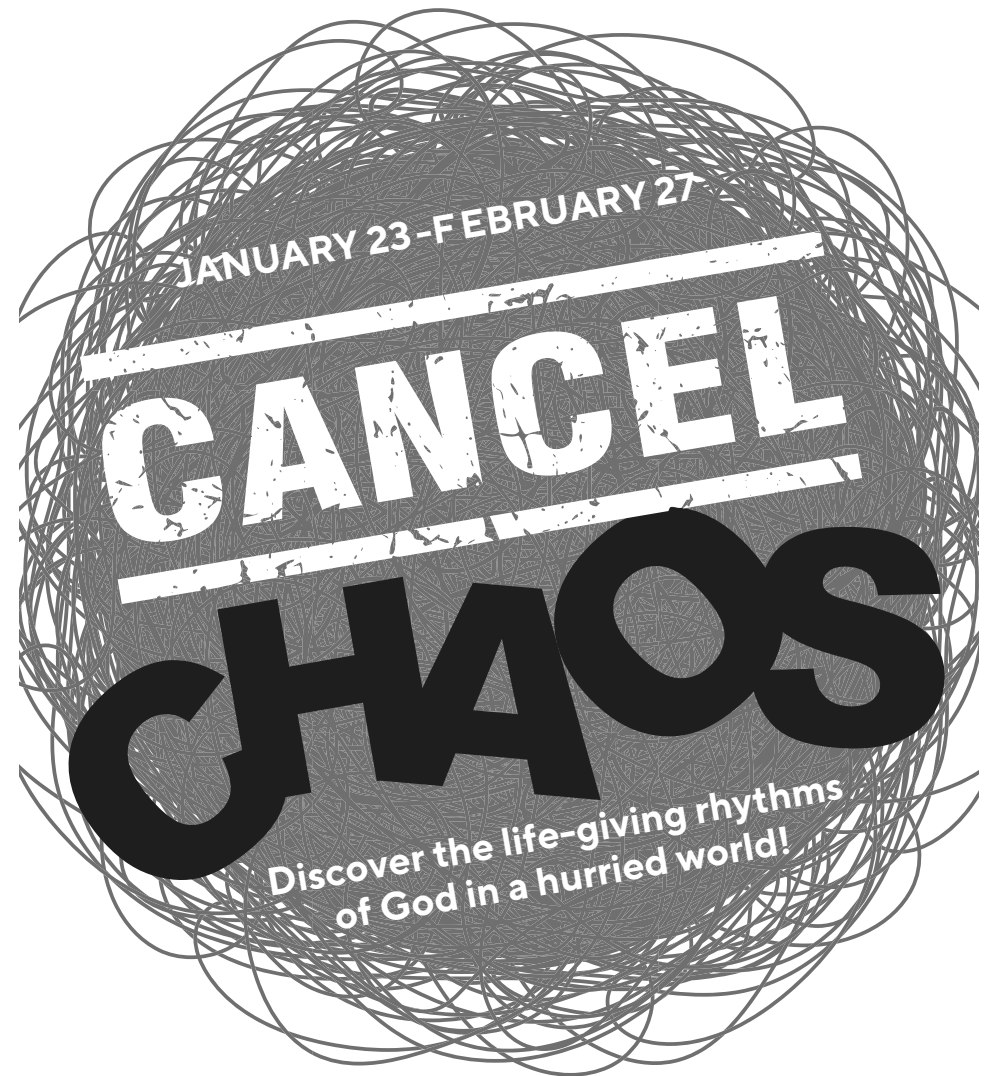


NOTES & QUOTES



WEEK 1: THE PROBLEM

CONNECT (BUILD RELATIONSHIPS)

1. Have you ever rushed something in your life and ended up with possibly poor or maybe even funny results? Explain.
2. What “slow” situations cause you the greatest frustration? (i.e., slow drivers, slow service, line-ups)
3. Have you ever missed out on something cool or maybe even beautiful because you were too busy?

THRIVE (EXPLORE BIBLICAL TRUTH)

4. Read Isaiah 40:31, Psalm 27:13 and Habakkuk 2:3. What are some benefits of waiting found in these verses?
5. Japanese theologian Kosuke Koyama said, **“God walks slowly because he is love. If he is not love he would have gone much faster. Love has a speed. It is an inner-speed. It is a spiritual speed. It is a different kind of speed from the technological speed to which we are accustomed. It is slow, yet it is lord over all the other speeds since it is the speed of love.”** Discuss the relation between God’s love and the concept of moving slowly.

6. Read the great commandment from Matthew 22:37-40. What conflict do you see between “Hurry Sickness” and living out Jesus’s command?
7. Read Matthew 11:28-30. What thoughts or emotions come to you as you read this passage? Is there anything specific that jumps out?

COMMIT (BE ON MISSION)

8. What is one area of your life you’d be willing to change to become less hurried?
9. What fears or apprehensions might challenge you from making this change?
10. Take this week and intentionally make a note of an area in your life which you know is too hurried and acknowledge it to Jesus.

PAUSE, PONDER & PRAY

He says,

“Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth.”

Psalm 46:10