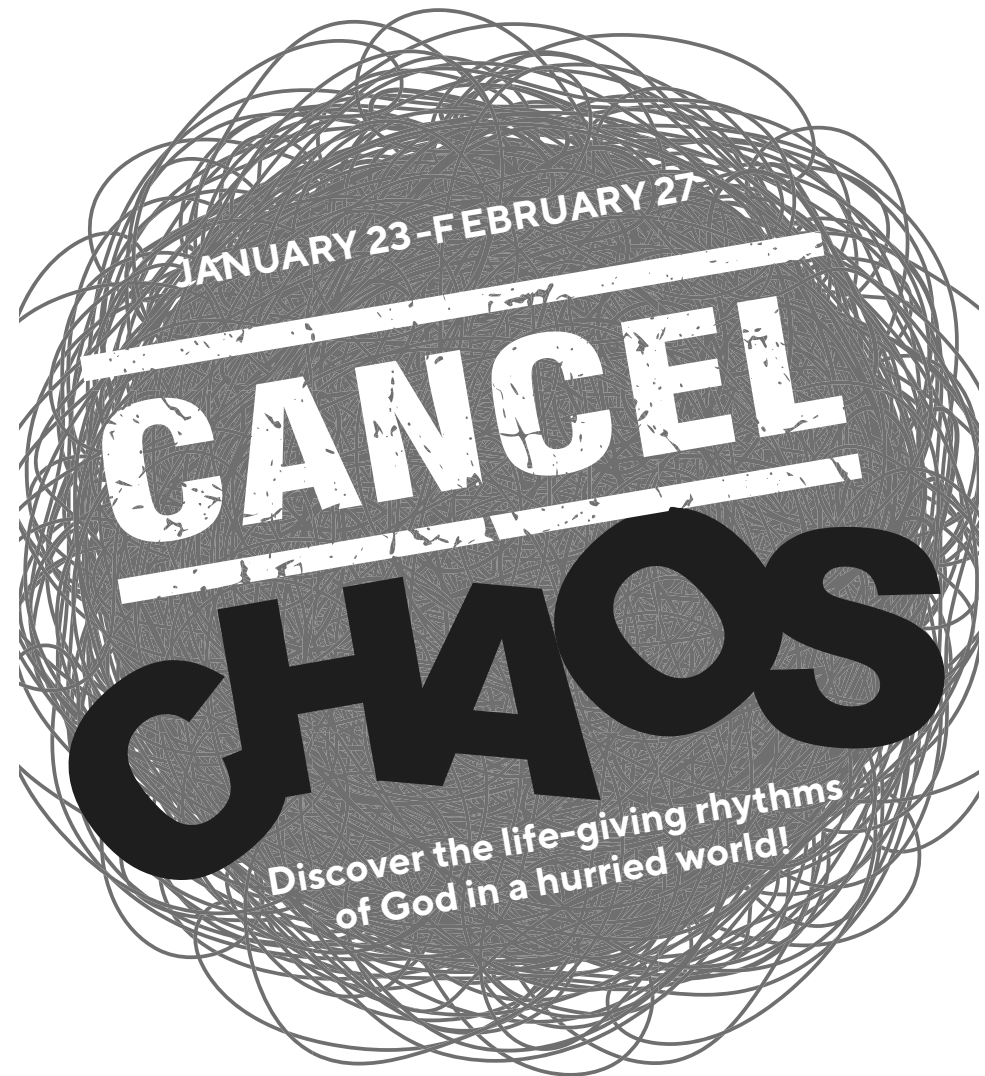


PAUSE, PONDER & PRAY

The practice of Slowing defined: **“Cultivating patience by deliberately choosing to place oneself in positions where we simply have to wait.”** JOHN MARK COMER

But do not forget this one thing, dear friends: With the Lord a day is like a thousand years, and a thousand years are like a day. The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance.” 2 PETER 3:8-9

NOTES & QUOTES



WEEK 6: SLOWING

CONNECT (BUILD RELATIONSHIPS)

1. What brings you the most frustration in life when it's operating too slowly?
2. If you had the ability to put a season of your life into slow motion so you could really savour it, what season would you choose? Explain.
3. Have you ever rushed something that ended in poor results because of your hurry?

THRIVE (EXPLORE BIBLICAL TRUTH)

4. Read 1 John 2:15-17. Discuss how these verses might connect to the concept of slowing down?
5. John Ortberg says, "Love and hurry are fundamentally incompatible". How is 'hurry' the enemy of love in these relationships?
 - a. Your relationship with God.
 - b. Your relationship with family.
 - c. Your relationship with other followers of Christ.
 - d. Your relationship with those who don't yet know Jesus.

6. Read: Mark 1:32-39 and Luke 5:15-16. From these two passages and other stories in the Gospels, how did Jesus model an unhurried life?

7. Read Galatians 5:22. How can our slowing down partner with the Holy Spirit producing this fruit in our lives?

COMMIT (BE ON MISSION)

8. What are some of the values and attitudes in our society that drive us to a hurried lifestyle?
9. What is one area of your life you think God might be calling you to slow down in?
10. What is one practical step you can take this week to begin to slow down in this area of your life?