

MESSAGE BIG IDEA

Jesus invites us to move away from hurry and into the relaxed rhythm of his way.

SCRIPTURE

Matthew 11:28-30, John 15:5-8

ICEBREAKER AND OPENING THOUGHT

1. Do you ever play video games (though some may disagree, they can range from Solitaire on your phone to full on multi-player events)? Which are some of your favorites?
2. Right now, we are all in different places. For some of us, despite working from home and a 1+ year pandemic, things really didn't slow down. Maybe things even became busier and more hectic. For others of us, things did slow down, perhaps significantly so. As our lives trend toward a new normal, we're wondering whether we really want to return to the "normal" we had before. What are you hoping for as the world begins to turn again?

BIBLE DISCUSSION

3. Read Matthew 11:28-30. Jesus is saying that when we follow him we experience relief and grace in a relationship with him. In what ways have you or experienced this? Or in what ways haven't you?
4. Read John 15:5-8. What do you notice in this passage about staying connected to Jesus? Why do you think Jesus used an analogy from the plant world?

LIFE APPLICATION

5. Dallas Willard once said, "Hurry is the great enemy of spiritual life in our day." What do you think about that statement?
6. If you're wondering if you're suffering of some degree of hurry sickness, consider the following possible symptoms. Which one do you identify with most and why?
 - Frequent Irritability. Do you find yourself easily agitated, frustrated or angry?
 - Emotional Numbness. Do you feel unmoved by things that used to matter to you? Do you find it hard to care about someone else's pain?
 - Disordered Priorities. Do you feel busier than ever, but still feel like you don't have time for the things that really matter? Do you feel like you are always reactive, rarely proactive?
 - Escapist Behaviors. Do you find yourself trying to escape reality through television or eating food or drinking? Do you carry around a deep sense of exhaustion?
 - Spiritual Apathy. Do the things you know sustain you spiritually consistently get put to the side? Has it been a while since you spent any meaningful time in prayer or reflection on Scripture or other spiritual disciplines?

CHALLENGE

Take an honest internal inventory of your life and see if you can identify some of the ways hurry sickness has crept into your life. What do you need to do to live a more unhurried life? Take a look at the RPMS handout and begin working through your own *Rule of Life*. You can even begin discussing the first few things you'd like to put down in each of the categories.



R P M S

RELATIONAL PHYSICAL MENTAL SPIRITUAL

*"Jesus grew in wisdom and in stature and in favor with God and all the people."
-Luke 2:52*

FILL IN THE RPMS "RULE OF LIFE" WITH YOUR OWN DETAILS BELOW

Relational

Physical

Mental

Spiritual
