



## BREAKING THE ICE

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What kind of exercise workout would you choose: cardio, yoga or strength training? Why?

If you had to choose between always running 5 minutes late or always arriving 5 minutes early, which would you choose and why?

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Over the last few weeks we've been talking about what we want to take with us from the last few months and what we want to leave behind. Last week Pastor Kevin talked about taking trust in God with us. That when we build our life on trusting Him, His voice can guide us through the storms we face.

1. What did you learn this last week about taking trust in God with you?
2. What are some things you learned from reading the Sermon on the Mount last week?

This week Pastor Drew Powell talked about leaving hurry behind and taking rest with us. The truth is you can't love people, yourself and God well when you are in a hurry.

3. What is your pace of life like? Is it hurried or slow? What contributes to that pace?

When we live a life of hurry, we can miss the deeply rooted things God wants to work on in our lives. Things like jealousy, anger and pride. These are things none of us would intentionally choose to be a part of our lives. But if we don't slow down and ask God to root them out, they'll continue to grow.

We have to find the time to rest and let God work in our hearts and lives.

4. Who do you know who lives a life of rest and peace? What aspects of their life create their peaceful rhythms?

There are multiple times in the Bible that Jesus spoke about rest. In fact, it was not uncommon for Jesus

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to separate himself from his disciples and go rest.

Read Luke 8:22-25.

In this scripture Jesus was sleeping while a violent storm came through. He was at complete peace because He knew He and the disciples would be fine. The disciples were trusting in their own abilities and plans to face the storm when all they had to do was trust Jesus that they would be okay.

5. Do you tend to make a plan and rush to get through it or wait for someone else to make a plan? How does this affect the relationships in your life?

Pastor Drew shared that the reasons we all tend to be in a hurry are based on wanting control and not wanting to feel isolated.

When we feel that we are in control, there's an illusion that our plan will end up exactly like we want it. But that's not true. One thing we've learned in the last few months is we really have no control.

6. What areas of your life do you struggle with trying to control? What happens when you attempt to control things?

Another reason we try to hurry through life is we don't want to be left behind. The world tells us if we aren't moving fast and constantly doing something, we may become obsolete. But God tells us to rest. In fact, He wants us to protect a time of sabbath each week, time set aside for rest and worship. The more we rest in Him, the healthier our souls and relationships are.

7. Where do you feel like God is telling to to stop hurrying in your life? How can you slow down and incorporate more rest in this area?

# PRAYER

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God, thank you for giving us the gift of time. Reveal to us where we've let hurry, anxiety and fear of isolation take precedence over healthy boundaries, relationships and rest. Will you show us how to utilize our time more wisely, how to rest in you and live a life of peace? Help us keep each other accountable to live a life free of hurry.

## ACTION STEP

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Find someone in your group that can keep you accountable to slow down. Text each other throughout the week asking these questions:

- + Have you let hurry creep in today?
- + What can you eliminate from your week to allow more time to rest?
- + What are some ways you can rest this week and feel God's peace?
- + How can I pray for rest in your life?