



Small Group Notes

Text:

Luke 10:38-42

Title:

Abiding through slowing

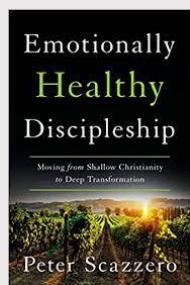
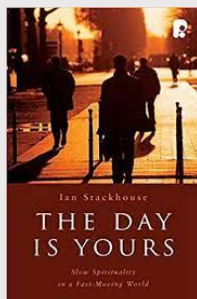
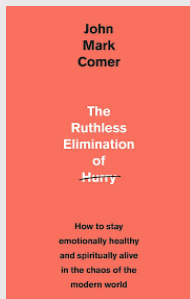
Further scriptures:

Isaiah 40:29-31

Ephesians 5:15-16

Luke 8:40-56

John 11:1-7



Last Sunday we looked at the problem of hurry in our lives and the detrimental effect it has on our spiritual health. We looked at how we can counter this, by learning to abide through slowing.

Reflect

1. What most impacted you from the passage or from the preach?
2. Who do you most identify with out of Mary and Martha? In what ways do you sympathize with Martha's frustrations?
3. What strikes you about Jesus' pace of life? How would your life look different if it was Jesus living it?
4. 'Hurry is the great enemy of spiritual life.' In what ways have you found this to be true in your life?

Respond

1. Why do we get annoyed if something interrupts our schedule? What does this reveal about us?
2. How do you rate your multi-tasking abilities? What is your reaction to hearing it described as a myth?
3. What is appealing about adopting the discipline of slowing in your life? What are your reservations or questions?
4. In what areas of your life do you experience 'forced slowing' or limits? How might you begin to embrace this forced slowing and see it as an opportunity to grow closer to God?

Practice

1. Look at Practice 2 'Identifying Hurry Sickness' on the Practice Sheet. Which of these symptoms do you see in your life? Share how these symptoms show up in your life.
2. In what area of life do you most need to slow down? What first steps are you going to take to slow down? (Look at Practice 3 'Steps for slowing down' on the Practice sheet for ideas)

Further reading

Here a few great books if you want to dig a little deeper:

The Ruthless Elimination of Hurry, *John Mark Comer*

The day is Yours, *Ian Stackhouse*

Emotionally Healthy Discipleship, *Peter Scazzero*

Further listening

Fight hustle, end hurry podcast, *John Mark Comer & Jefferson Bethke*