



# LIFEGROUPS STUDY GUIDE

*"They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer." Acts 2:42*

## SERIES:

The Elimination of Hurry

## MESSAGE TITLE:

The Hurry Problem

## MESSAGE DATE:

04/27/2025

## MESSAGE SUMMARY:

In this message, Pastor John explores the concept of the "Ruthless Elimination of Hurry," emphasizing the negative impacts of a hurried lifestyle on our spiritual lives, relationships, and overall well-being. He highlights the importance of slowing down to truly connect with God and others, advocating for self-examination to identify the symptoms of a hurried life. Through personal anecdotes and biblical insights, he encourages listeners to recognize their need for rest and reliance on God's strength to overcome the chaos of modern existence. The message invites individuals to take practical steps toward a more intentional, peaceful way of living that fosters deeper connections and spiritual growth.

## DISCUSSION QUESTIONS:

1.) What does it mean to you personally when Pastor John talks about the 'ruthless elimination of hurry'?

Pastor discussed the importance of slowing down in our fast-paced culture and how hurry can negatively impact our lives.

*Can you think of a recent time when you felt overwhelmed by hurry? How could that situation have been handled differently?*

2.) How does the scripture from Matthew 11:29-30, where Jesus invites us to take His yoke and find rest, apply to your everyday life?

Pastor John mentioned this verse to emphasize that Jesus offers rest amid the chaos of life.

*What are some practical ways you can lean into Jesus' teachings or 'yoke' to find rest instead of hurrying through life?*

3.) Why do you think that neglecting our relationships with loved ones is a common result of living in a hurried lifestyle?

Pastor John highlighted that hurry can lead to neglecting those we care about, as we're too busy to truly engage with them.

*Reflect on your relationships. Are there people you've been too busy to appreciate or spend quality time with? What steps can you take to reconnect?*



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4.) In what ways do you think excess hurry in our lives affects our mental and emotional well-being?

Pastor John shared different symptoms of hurry, like irritability and emotional numbness, that affect how we feel about ourselves and others.

*How can recognizing these symptoms of hurry help you to make changes in your life that promote better mental and emotional health?*

5.) Pastor mentioned that we should take a 'fearless and honest inventory of our lives'. What do you think that entails?

This was discussed as a step toward understanding where hurries affect our spiritual lives and personal growth.

*What specific areas in your life do you feel might need some reflection and adjustment to combat hurry?*