



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 Solution

MESSAGE DATE:

05/04/2025

MESSAGE SUMMARY:

In this message, Pastor Matt discusses the prevalent "hurry problem" many people face and emphasizes the need for practical solutions. He highlights the importance of incorporating silence and solitude into our daily lives, following the example set by Jesus, who often withdrew for prayer. Additionally, Pastor Matt introduces the concept of Sabbath as a crucial part of overcoming hurry, reminding us that resting is a divine command that can lead to increased productivity and well-being. He encourages the congregation to be intentional about creating systems for quiet time and scheduling a day of rest, while inviting them back for more insights in the next week's message.

DISCUSSION QUESTIONS:

1.) What are some ways that hurry can negatively impact our lives, based on the examples shared in the sermon?

Pastor Matt talked about how hurry can leave us feeling exhausted and disconnected, even when we're busy.

Can you think of a time when being in a hurry affected your mental or emotional well-being? How can you change that in the future?

2.) In the message, Pastor Matt emphasized the importance of 'silence and solitude.' Why do you think Jesus made time for these practices?

Jesus often withdrew to quiet places to pray and connect with God, as noted in Mark 1:35.

How can you incorporate moments of silence and solitude into your daily routine to help reduce your sense of hurry?

3.) What does it mean to 'let your soul catch up with your body,' as mentioned in the story about the missionaries in the Congo?

This phrase was used to describe a powerful perspective on slowing down and taking time to rest.

How can you make sure you are not just physically present but also mentally and emotionally prepared in your daily life?



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DISCUSSION QUESTIONS:

4.) Why do you think God commands us to observe the Sabbath, and how can a day of rest benefit our productivity and spiritual lives?

Pastor Matt discussed the Fourth Commandment about keeping the Sabbath, stating it helps us to rely on God's blessing.

What activities could you engage in on your Sabbath to recharge spiritually and reconnect with God?

5.) What systems or routines can you put in place to make sure you have time for God in your life, as suggested in the message?

Pastor Matt mentions having a time, place, and plan for connecting with God to overcome the hurry problem.

What challenges do you face when trying to spend time with God, and how can you address those challenges?