

Ruthless Elimination of Hurry: Week 4

Discussion Guide

Discuss:

- If you had 5 more hours in the day, what would you do with it? [5 min]
- What “music” are people missing in their lives because they are running at 1.5x? [5 min]
- Name a time when slowing down, sped up what you were doing. [5 min]
- Truth or Dare? [5 min]
 - Truth: How many times did you eat fast food last week?
 - Dare: Choose this week to (a) stop at every stop sign for 3 full seconds, (b) purposely choose the longest line at the store, (c) park in the back of every parking lot.

Challenge:

Pull out your phones and check the screen time. As a group, would you be willing to challenge each other to drop that time by 10%, 25%, or 50% before we meet again next week? [10 min]

Scriptures:

- **Psalm 46:10** (ESV) “Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!”
- **Exodus 14:14** (ESV) “The Lord will fight for you, and you have only to be silent.”
- **Psalm 37:7** (ESV) Be still before the Lord and wait patiently for him; fret not yourself over the one who prospers in his way, over the man who carries out evil devices!

- **Psalm 46:2-5** (ESV) Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea, though its waters roar and foam, though the mountains tremble at its swelling. There is a river whose streams make glad the city of God, the holy habitation of the Most High. God is in the midst of her; she shall not be moved; God will help her when morning dawns.
- **Psalm 62:5** (ESV) For God alone, O my soul, wait in silence, for my hope is from him.
- **Jeremiah 29:11** (ESV) For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.
- **Philippians 4:6** (ESV) Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.
- **Psalm 23:1-6** (ESV) The LORD is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD forever.

Prayer:

After you group shares prayer requests, take some time for some silence before beginning the prayer (30-60 seconds).