

Ruthless Elimination of Hurry: Week 5

Discussion Guide

Discuss:

- Go around the room and share your time and place to meet with God. It's ok to say, "I don't have one." [5 min]
- Pause right now and read [Mark 1](#) (you can take turns reading). After reading the chapter, have each person share one verse they think they need to put into practice. [5 min]
- What did you learn about yourself and about the others in the group from this experience? [5 min]
- What questions did you have about the text? DO NOT ANSWER THE QUESTIONS. Rather, share ideas about how a person could find answers to these questions. [5 min]

Challenge:

Put the A.C.T.S. Prayer Method into practice. [10 min]

Scriptures:

- **Mark 1:35** (NIV) Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.
- **Luke 5:15-16** (ESV) But now even more the report about him went abroad, and great crowds gathered to hear him and to be healed of their infirmities. But he would withdraw to desolate places and pray.
- **Luke 6:12** (ESV) In these days he went out to the mountain to pray, and all night he continued in prayer to God
- **Luke 22:39** (NIV) Jesus went out as usual to the Mount of Olives, and his disciples followed him.

- **1 Kings 19:12** (KJV) And after the earthquake a fire; but the Lord was not in the fire: and after the fire a still small voice.
- **Matthew 6:6** (ESV) But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.
- **Mark 6:31** (ESV) And he said to them, “Come away by yourselves to a desolate place and rest a while.” For many were coming and going, and they had no leisure even to eat.
- **Matthew 14:23** (ESV) And after he had dismissed the crowds, he went up on the mountain by himself to pray. When evening came, he was there alone.
- **Matthew 17:1-2** (ESV) And after six days Jesus took with him Peter and James, and John his brother, and led them up a high mountain by themselves. And he was transfigured before them, and his face shone like the sun, and his clothes became white as light.

Prayer:

Have one person pray a prayer of **A**doration (praise), another a prayer of **C**onfession (could relate to our lack of solitude), a third a prayer of **T**hanksgiving, and a fourth a **S**pecific request of God.