

# Groups

## ***Ruthlessly Eliminate Hurry From Your Life***

*Philippians 4:6-8*

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### **Getting started**

What's the difference between being busy and being hurried?

### **Discussion**

*Read the passage and answer the following questions as a group.*

The passage from Philippians, written from a man waiting for execution by beheading, said not to be anxious about anything. How do we reconcile this with our anxiety?

Do you often have to get to the point of complete exhaustion before you give things to God? If so, how can you learn to give your worry to Him sooner? If not, what advice would you give to help other people?

Pastor Doug told us that growing up his mom stressed being on time. What unique or odd thing did your family put an unnecessary amount of emphasis?

Dallas Willard said hurry is one of the biggest distractions from spiritual growth. What are two positive steps you can take to place your trust in God and not yourself? How can you intentionally use your time and set your mind/thoughts on Jesus this week to begin ruthlessly eliminating hurry?