



PREPARATION

Spend the week studying Psalm 139:23, Galatians 5:22-23, James 1:2-4.

PRAY *for our pastors and this week's message, the upcoming group time, your group members and their openness to God's Word.*

LANDING POINT *I am called to be a reconciler like Jesus.*

REMEMBER THE FOUR GROUND RULES FOR SMALL GROUPS

- ■ CONFIDENTIALITY | What's said in the group stays in the group.
- ■ NO CROSS-TALK | Be considerate of others as they share. Refrain from side conversations and texting during group.
- ■ NO FIXING | We are not in the group to fix each other. Jesus does that part.
- ■ SHARING | Be sensitive to the amount of time you share. Don't talk too much or too little. Every person brings something valuable to the group.



INTRODUCTION

As your group time begins, use this section to introduce the topic of discussion.

JUMPING THE GUN

Americans love football. Every Saturday and Sunday we watch the gladiators of the gridiron battle it out on the football field. Two common things you'll see in football are replays and penalties. If there's a questionable call on the field, the referee will stop play and go to the replay monitor. After examining the play, he'll announce whether the call is upheld or reversed.

Do you know what the most often called penalty is in football? False start. That's when one of the offensive players moves too soon before the ball is snapped. He's so anxious that he jumps the gun and the penalty flags start flying.

We can be like that player when we're impatient and want to move ahead, make a decision, get something done, or solve a problem. Today your group will discuss what we're calling hurry sickness. We all need more patience and we need to go to the replay monitor and examine things more closely to see what's keeping us from living the unhurried life.

Q: *What makes it hard to be patient in your present circumstances?*



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BECOMING PEOPLE OF PEACE

The truth is you pay the price for hurry sickness. It costs you emotionally, physically, relationally and even spiritually. But patience lets us experience love in our relationships and peace in our circumstances and that's what God wants for you.

Let's take a look at some passages that give us a better picture of the kind of patience God wants to produce in us.

Q: *Have a volunteer read Psalm 139:23, Galatians 5:22-23, James 1:2-4. What are the characteristics of a patient person?*

Q: *Share about a time when God tested your patience through a trial. What did you learn about yourself? About God?*



REFLECTION AND NEXT STEPS

AFTER FURTHER REVIEW

The great news for us is that, after further review, there is a God and He is a Good Father who is committed to transforming us from hurry sick people to people of patience.

If you want to grow in patience, below are three things you can do:

- *Ask. Regularly go to the replay monitor and ask God to search your heart (Psalm 139:23). Let Him show you what's really happening in your mind and heart.*
- *Examine. Look for evidence of the Fruit of the Spirit (Galatians 5:22-23) and see how you're growing and what you might need to start, stop, or change.*
- *Stretch. God often develops patience in us through trials. Those trials stretch us and make our patience muscle stronger. Trials are a good thing because they make us more like Jesus who experienced trials but was never hurried or worried.*

If you're a follower of Jesus, the Holy Spirit is always at work in you, leading you to ask, examine, and stretch in your walk with Him.

Q: *Where do you see symptoms of hurry sickness in your life?*

Q: *What could you do to increase your patience with others? Think practically.*



PRAY

Ask God to search your heart. Ask Him to give you wisdom to examine what's happening inside you and what is causing any impatience in you. Pray for faith that sees trials as a joy because they are making a more patient and loving person like Jesus.