

List the symptoms of hurry sickness:

Write down key verses on rest and satisfaction:

List some ideas of "unhurried experiences":

Takeaways:

- It is impossible to find satisfaction in earthly things.
- We can only find satisfaction in God.
- Sabbath is the practice of stopping.
- Challenge: One unhurried experience a day

**GOD SATISFIES US WITH GOOD THINGS
WHEN WE ARE SATISFIED IN HIM.**

NEXT WEEK: JoyFULL: Philippians 1

GET PLUGGED IN >>>



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1. WELCOME

If anyone has had a significant event in their life this past week, give them a minute to share with the group. If necessary, take some time to pray for any immediate needs right at the beginning of the meeting.

2. VISION/PURPOSE

At Trinity we try to keep our groups open because there are many people who need a group like ours. Be encouraging your group to think of people that might be isolated and would appreciate an invitation to small group.

3. SMALL GROUP GUIDELINES

Review guidelines (Use "I" Statements, No Fixing, Confidentiality, Listening) that cultivate a healthy environment for sharing and discussion.

4. OPENING PRAYER

5. READ SCRIPTURE PASSAGE/TELL BIBLE STORY PASSAGE

6. DISCUSSION QUESTIONS

Use a good mix of Head (informational/study) questions, Heart (personal reflection) questions, and Hand (practical application) questions. Below are questions your group can pick from to follow along with the sermon series.

7. PERSONAL SHARING AND PRAYER REQUESTS

You can share and pray in one group, in smaller groups, or in gender specific groups. Make sure that phone numbers are shared so that encouragement and connection can happen during the week.

QUESTIONS

WARM UP: Has life slowed down for you during this season? Is it hard for you to rest when life slows down? If so, why?

HEAD: These questions help us examine the Word.

1. Read Matthew 11:28-30 and Hebrews 4:9. In what way are these verses counter-cultural?
2. Read Ecclesiastes 6:3-7. How does this describe our sinful condition?
3. Read Psalms 17:15. How is satisfaction in God the key to rest?

HEART: These questions help us wrestle with what we believe.

4. Do you have any of the symptoms of "hurry sickness"?
5. How do you think the practice of stopping, or having one unhurried experience a day, could be beneficial for you?

HAND: These questions help us bring truth and beliefs into our everyday life.

6. What are some unhurried experiences that you plan to have this week?
7. How has meeting with God been going?