

Unhurried to Live More Fully (Message 3 of 3)

Unhurried Series

Discussion Questions

Do you live a hurried life? If so, why do you think you are so hurried?

Review the signs of Hurry Sickness¹ to help you assess whether you live a hurried life.

Sign 1: Irritability: you get annoyed—fast. Little things push you over the edge, and you're not sure why.

Sign 2: Hypersensitivity: You take things personally. A small comment or setback sends you spiraling emotionally.

Sign 3: Workaholism: you live in “go mode.” Rest feels unproductive.

Sign 4: Lack of care for your body: You sacrifice sleep, skip meals, and ignore what your body's telling you. You're always running on empty.

Sign 5: Escapist behaviors: Instead of recharging, you numb out. Endless scrolling. Binging. Shopping. Anything to avoid feeling your soul.

Sign 6: Slipping spiritual practices: Quiet time with God becomes rare. Scripture, prayer, and rest are the first things to go.

Sign 7: Isolation: You feel distant from God, others and even yourself. You're with people, but not really present.

Read Genesis 2:2-3

- What day did God rest?
- Why do you think God rest?

Read Mark 2:27-28

- According to Jesus, who is the sabbath for?
- Why does it matter that the Sabbath is made for man instead of the other way around?

Read Revelation 21:1-5

- How is this passage connected the creation account in Genesis 1-2?
- How do the images in this passage describe fullness of life? (For example, “new Jerusalem” refers to a new community that God created in Christ. We need a new community to experience fullness of life.)
- How can you apply this description to the way you practice the discipline of Sabbath

The plan for practicing the spiritual discipline of Sabbath includes Stop, Rest, and Delight.

- What would it take for you to STOP your work one day a week?
- Do you feel rested physically and emotionally? What would you want to do on a weekly Sabbath day to help you feel rested physically and emotionally?

¹ John Mark Comer, *The Ruthless Elimination of Hurry*, pp 48-51, as stated by CCCC social media team.

- Describe the rest that comes from worshipping with the church on your Sabbath day.
- Describe the ways you can “delight” in God and his blessings on your life on your Sabbath day.
- Invite the people in the group to share with others how they intend to apply the teaching on the Sabbath from this series.