



**The Ruthless Elimination of Hurry: *Be Like Jesus***  
**Pastor Derrick Shields**  
**“We Have a Problem”**  
**June 16<sup>th</sup> 2024**

**Key Verses:** Matthew 11:28-30; Luke 10:38-42

**Key Thought:** Slow down and simplify our lives around what really matters.

**Points to Consider:**

- Avoid being like Martha; even though she invited Jesus, she still ended up having a commanding presence over Him when it came to her sister (Verse 40).
- We must be like Mary and sit at the feet of Jesus.
- This is a message of invitation, not condemnation.
- Reason for Martha’s way of talking: distracted, worried about other things, and hurried.
- “If the Devil can’t make you sin, he’ll make you busy” (Corrie Ten Boom).
- “You must ruthlessly eliminate hurry from your life” (Dallas Willard).
- Hurry Sickness: A behavior pattern characterized by continual rushing and anxiousness.
- Symptoms of Hurry Sickness:
  - i. Irritability
  - ii. Hypersensitivity
  - iii. Restlessness
  - iv. Workaholism
  - v. Emotional Numbness
  - vi. Out-of-order Priorities (sunset fatigue)
  - vii. Lack of care for your body
  - viii. Escapist Behavior
  - ix. Slippage of Spiritual Disciplines
  - x. Isolation

**Discussion Prompts:**

- If there was something we could do to change our lives for the better, why don’t we?
- Do we test or welcome Jesus?
- If anyone is willing, what were some of the symptoms of hurry sickness you marked? Why?
- Are there ways to help our Hurry Sickness?
- Do you ever slow down enough to sit at Jesus’ feet?