



Small Group Discussion Guide

Disciple Series: Week 1

Ruthless Elimination of Hurry

What Is a Disciple of Christ?

A **disciple of Christ** is a student or apprentice of Jesus whose ultimate aim is:

- To be with Jesus
- To become like Jesus
- To live like Jesus lived

"The greatest issue facing the world today, with all its heartbreak needs, is whether those who are identified as 'Christians' will become disciples, students, apprentices, practitioners of Jesus Christ, steadily learning from him how to live the life of the Kingdom of heaven into every corner of human existence."

— Dallas Willard

A disciple is not content with a label. A disciple actively studies under Jesus—learning His way of life, pace, and love.

Key Teaching: Hurry and the Life of a Disciple

"Hurry is the great enemy of spiritual life in our day. You must ruthlessly eliminate hurry from your life."

— Dallas Willard

Hurry Defined:

Excessive busyness combined with a sense of urgency

Discussion Section 1: Hurry Is Not the Pace of Jesus

Scripture: Matthew 11:28–30

Jesus invites the weary to come, learn, and find rest. His pace is marked by gentleness, humility, and a light yoke—not pressure and overload.

Discussion Questions:

1. How would you describe the pace of your current life?
2. What stands out to you about the invitation Jesus offers in Matthew 11?
3. What does it practically look like to take on the “yoke” of Jesus instead of your own?

Application:

- Where might Jesus be inviting you to slow down and walk with Him rather than run ahead of Him?

Discussion Section 2: Hurry Is Not Compatible with Love

Scripture: Matthew 22:37–39

Love requires presence, attention, and margin. Hurry robs us of the capacity to love God deeply and people attentively.

Discussion Questions:

1. How does hurry affect your ability to love God with your whole heart, soul, and mind?
2. In what ways does hurry show up in how you treat others?
3. Who in your life might feel rushed rather than loved by you?

Application:

- Identify one relationship where slowing down could increase love and connection.

Discussion Section 3: Hurry Is the Enemy of Your Soul

Scriptures:

Matthew 11:28–30

Ephesians 5:15–16

Luke 10:41–42

Martha's story reminds us that distraction and worry can pull us away from the "one thing" that truly matters—being with Jesus.

Discussion Questions:

1. What warning do you hear in Ephesians 5 about how we use our time?
2. Which character do you most identify with right now—Mary or Martha? Why?
3. What does your soul need more of in this season: rest, silence, focus, or margin?

Application:

- What is one practice you could introduce (or remove) to protect your soul from hurry?

RightNow Media

To dive deeper into this study, we have attached a resource for the John Mark Comer Elimination of Hurry Series on RightNow Media... This is a free resource to help equip to with the tools to dive deeper into the sermon series and strengthen your daily walk with God.

