

# ICC Summer Study 2022

## Rhythms of Health: Choosing Less for More



(guide: *The Ruthless Elimination of Hurry* by John Mark Comer)

*What is your motivation & anticipation in this study?*

### Course Overview:

**Lesson 1** – The Problem: **Hurry**

**Lesson 2** – The Solution: **The Easy Yoke**

**Lesson 3** – Practice One: **Silence & Solitude**

**Lesson 4** – Practice Two: **Sabbath**

**Lesson 5** – Practice Three: **Simplicity**

**Lesson 6** – Practice Four: **Slowing**

**Lesson 7** – Personal Planning: **Less for More**

### Lesson One – “The Problem: Hurry”

Lesson Outline:

- 1) \_\_\_\_\_ the problem of hurry is
- 2) \_\_\_\_\_ we got here
- 3) \_\_\_\_\_ dealing with hurry matters

### PART ONE: WHAT THE PROBLEM OF HURRY IS

- Reflect: What would you identify as the greatest challenges of your spiritual life?

"If the devil can't make you \_\_\_\_\_, he'll make you \_\_\_\_\_." Corrie Ten Boom

- Reflect: What is the relationship between sin & busyness?

### Hurry: What It Is Not v. What It Is

- NOT about a life filled with \_\_\_\_\_, \_\_\_\_\_ things to do
- RATHER, about a life with \_\_\_\_\_ to do... and/ or \_\_\_\_\_ pursuits that make you feel busy

### The Bible & Hurry:

Two Scriptures:

- Matthew 22:36-40
- Luke 10:38-42
  
- Reflect: What is the highest value in Christ's economy?

"\_\_\_\_\_ and \_\_\_\_\_ are incompatible." John Mark Comer

- Reflect: What are the traits you exhibit when you are in a hurry? Does the "hurried you" look and feel like love?

Mark 1:15 – The Kingdom of Jesus is \_\_\_\_\_

- Pace of \_\_\_\_\_ v. Pace of \_\_\_\_\_
- Are the kingdom virtues of love, joy, peace compatible & cultivated in \_\_\_\_\_?
- "I cannot \_\_\_\_\_ in the kingdom of God with a \_\_\_\_\_ soul." JMC

### "Pathological Busyness"

"Pathological busyness, \_\_\_\_\_, and \_\_\_\_\_ are major blocks today within our spiritual lives." Ronald Rolheiser

"We are \_\_\_\_\_ our lives instead of \_\_\_\_\_ them." John Ortberg

- Reflect: Why is busyness a major distraction from deep spiritual life?
- Reflect: How would it change your perspective to see hurry as a disease, a contagion, a pathological problem?

## PART TWO: HOW WE GOT HERE

### History of Speed

- 1370 – First public \_\_\_\_\_ erected
- 1879 – Invention of the \_\_\_\_\_
- 1900s – Century of \_\_\_\_\_ (new devices to "\_\_\_\_\_")
- 1960s-1990s – End of \_\_\_\_\_ Laws
- 2007 – Invention of the \_\_\_\_\_ and the official start of the \_\_\_\_\_ age
- Today – Age of Digital \_\_\_\_\_

Some Staggering Stats:

- Fixation: \_\_\_\_\_ phone touches per day
- Attention Span: \_\_\_\_\_ then, \_\_\_\_\_ now
- Average Sleep: \_\_\_\_\_ then, \_\_\_\_\_ now

## Rethinking Real Progress

"Technological, and even economic, progress does not necessarily equal \_\_\_\_\_ progress. Just because it's \_\_\_\_\_ and/or \_\_\_\_\_ doesn't mean it's \_\_\_\_\_." John Mark Comer

- Reflect: How does understanding this history give you pause & perspective?
- Reflect: What is all this distraction, addiction, & pace of life doing to our souls?

## PART THREE: WHY DEALING WITH HURRY MATTERS

### The Effects of Hurry

"...all who **labor** and are **heavy laden**..." (Mt. 11:28a) , "...do not be **anxious** about anything..." (Phil. 4:6a)

- "Hurry is a form of \_\_\_\_\_ on the soul." John Mark Comer

### 10 Symptoms of Hurry Sickness

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) Emotional \_\_\_\_\_
- 6) Out of Order \_\_\_\_\_
- 7) Lack of \_\_\_\_\_
- 8) \_\_\_\_\_ Behaviors
- 9) Slippage of \_\_\_\_\_
- 10) \_\_\_\_\_

### Self-Inventory

- 1) What are the **symptoms** of hurry sickness you can identify in your own life?
- 2) How is hurry affecting the person you are **becoming**?
- 3) Do you desire to **change**?