

# ICC Summer Study 2022

## Rhythms of Health: Choosing Less for More



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

### 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 Two – “The Solution”

Refresh:

The Problem is \_\_\_\_\_.

Hurry is a form of violence on the soul. - John Mark Comer

### 10 Symptoms of Hurry Sickness

- 1) Irritability
- 2) Hypersensitivity
- 3) Restlessness
- 4) Workaholism (or Non-stop Activity)
- 5) Emotional Numbness
- 6) Out of Order priorities
- 7) Lack of care for your body
- 8) Escapist Behaviors
- 9) Slippage of spiritual disciplines
- 10) Isolation

- Reflect: What would you identify as your symptoms of Hurry Sickness? How do these affect your daily life?

Lesson Outline:

- 1) \_\_\_\_\_ is not the solution
- 2) \_\_\_\_\_ is the solution

### PART ONE: WHAT the Solution Is Not

The Solution is not more \_\_\_\_\_ .

We were created in the \_\_\_\_\_ of God, out of the \_\_\_\_\_.

There's a tension between the Limitless \_\_\_\_\_ and the earthly \_\_\_\_\_.

A sampling of Limitations:

1. Our \_\_\_\_\_.
2. Our \_\_\_\_\_.
3. Our \_\_\_\_\_.
4. Our \_\_\_\_\_ and \_\_\_\_\_ Wirings
5. Our Families Of Origin
6. Our \_\_\_\_\_ Origins
7. Our \_\_\_\_\_ And Careers
8. Our Seasons Of Life And Their Responsibilities
9. Our \_\_\_\_\_ Years Of Life (Give Or Take)
10. God's \_\_\_\_\_ On our Lives

- Reflect: How do you recognize and honor your limits in a world that pushes us to "be anything you want to be?" How can a healthy understanding of our limitations point us to Jesus?

\_\_\_\_\_ is the greatest limitation - for everyone in all walks of life.

Life is a series of choices. Every yes is a thousand \_\_\_\_\_.

What does that look like practically?

## Crazy Figures

Average time an individual spends on social media per year? \_\_\_\_\_

Average time an individual spends watching TV per year? \_\_\_\_\_

Average time a male spends playing video games by 21? \_\_\_\_\_

Average time to read 200 books in one year? \_\_\_\_\_

Charles Chu:

Here's the simple truth behind reading a lot of books. It's not that hard. We have all the time we need. The scary part - the part we all ignore - is that we are too addicted, too weak, and too distracted to do what we all know is important.

## Ephesians 5:15-16

15 Look carefully then how you walk, not as unwise but as wise, 16 making the best use of the time, because the days are evil.

Making The Best Use of Time: \_\_\_\_\_ the time

How do we redeem the time? \_\_\_\_\_ Jesus.

## PART TWO: WHAT the Solution Is

Secret of the \_\_\_\_\_ yoke.

Matthew 11:28 - 30 ESV

28 Come to me, all who labor and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 For my yoke is easy, and my burden is light."

Matthew 11:28 - 30 MSG

Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me - watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly.

Jesus had Disciples or \_\_\_\_\_.

Basic Goals:

1. Be \_\_\_\_\_ Jesus
2. Become \_\_\_\_\_ Jesus
3. Do what He would do if He were \_\_\_\_\_.

Salvation Is the word Soteria which also means \_\_\_\_\_.

If you want to experience the Life of Jesus, you must adopt the \_\_\_\_\_ of Jesus.

Every System is \_\_\_\_\_ designed to get the \_\_\_\_\_ it gets.

An easy life isn't an option; an easy \_\_\_\_\_ is. - John Mark Comer

Jesus was rarely in a \_\_\_\_\_.

\_\_\_\_\_ - the space between our load and our \_\_\_\_\_.

Are you too busy to follow Jesus?

### Self-Inventory

- 1) How does taking on the Easy Yoke of Jesus help you with the burdens of life?
- 2) Are the "rules" or "systems" you've developed in your life helping you to follow Jesus or keeping you too busy to follow Him?
- 3) What would it look like for you to follow the "Way" of Jesus?