

# Summer with the Staff – August 1

Brandon Jamison – Slowing Down & Eliminating Hurry

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## Discussion Questions:

- 1) What stands out to you from the message?
- 2) Dallas Willard said “Hurry is the great enemy of spiritual life. You must ruthlessly eliminate hurry.” Do you agree? If hurry is the enemy how do we do battle with it?
- 3) What practices help you experience God in a transforming way? What are some obstacles you encounter?
- 4) The three steps to help us slow down are listed below. Are you willing to try incorporating them into your day or weekly routine?

(1) Breathe Out – quiet your mind; sit silently. (Psalm 46:10 and Psalm 150:6)

(2) Bring our souls to God – what are you feeling and carrying? (Matthew 11:28-29 and 1 Peter 5:7)

(3) Breath In – Be with God. Listen, be aware of feelings, let God fill us. (John 15:4-5 and Isaiah 58:11-14)

## RESOURCES:

- *Get Your Life Back* by John Eldredge and
- *The Ruthless Elimination of Hurry* by John Mark Comer