

DISCIPLESHIP RESOURCES

# DISCUSSION GUIDES

EVERY MONDAY

## Discussion Guide

Sunday Sermon 5.10.26



### Hurry- One of Satan's Most Effective Schemes

This guide is designed to help your family or group take what was taught on Sunday and move from simply hearing the information to applying it in ways that build up and encourage one another. Feel free to adjust the depth and number of questions based on your time and the size of your group.

**Access the Sermon on the Website & App:**

[Click Here](#)

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### How to Access the OBC App?

- 1 Open your App Store
- 2 Search "Olivet Baptist"
- 3 Download the App
- 4 Open & Create an Account
- 5 Access all of our resources!

The smartphone screen shows the app's home page with a 'Sunday Mornings' section featuring a church building and a 'PODCAST FEEDBACK FORM' section with a microphone icon.

## Opening Prayer

As we open Your Word and reflect on our lives, help us to slow down and be fully present with You and with one another. Reveal the ways we've allowed hurry, distraction, and the pressures of this world to pull our hearts away from You. Teach us what it means to truly follow Jesus—to be with Him, become like Him, and walk in His peace. Give us open hearts, honest conversations, and the courage to respond to what You are showing us. We ask that Your Spirit would guide this discussion and draw us closer to You.

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## Key Takeaways from the Sermon

1. **Hurry is a spiritual problem, not just a scheduling problem.** It's one of Satan's most effective schemes to keep us from intimacy with God and love for others.
  2. **Being busy isn't automatically sinful, but living in constant hurry robs us of the abundant life Jesus offers.** Jesus had full days but was never in a hurry.
  3. **We're being disciplined by modern culture** (smartphones, social media, consumerism) rather than by Jesus, leading to lives characterized by distraction instead of devotion.
  4. **The solution isn't better time management—it's becoming a disciple of Jesus.** This means being with Him, becoming like Him, and living a life that reflects Him.
  5. **Jesus' invitation in Matthew 11:28-30** offers a new way to live—a different pace, a lighter burden, and true rest for our souls.
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## Discussion Questions

### Understanding the Problem

1. **Identifying Hurry in Our Lives**
  - What are the signs that someone is living a hurried life? Which of these do you recognize in yourself?
  - The pastor mentioned that hurried people "treat people as interruptions instead of gifts." When have you experienced this—either as the hurried person or the "interruption"?
2. **Cultural Discipleship**
  - How is modern culture (social media, advertising, entertainment, work culture) shaping the way you think and make decisions?

- The sermon mentioned Americans spend an average of 90+ days per year consuming media. How does this statistic challenge you?
3. **The Cost of Hurry**
- The pastor said, "Hurry is one of the greatest enemies to love." How have you seen hurry damage your relationships with God, family, or friends?
  - What is hurry costing you spiritually, emotionally, or relationally?

## Understanding the Solution

4. **What Does It Mean to Be a Disciple?**
- In the rabbinical system, disciples wanted to become exactly like their rabbi. How does this understanding change your view of what it means to follow Jesus?
  - Why do we rarely evaluate our lifestyle by comparing it to Jesus' life? What would change if we did?
5. **Jesus' Pace of Life**
- The sermon noted that Jesus was surrounded by crowds and urgent needs but was unhurried. What practices or priorities enabled Him to live this way?
  - What does it mean that Jesus' "yoke is easy" and His "burden is light" when we feel so burdened?
6. **Practical Rhythms** The pastor mentioned several practices essential to discipleship:
- **Silence & Solitude:** Why do these practices feel so difficult or even threatening? What might they expose in our lives?
  - **Sabbath:** When was the last time you truly rested—not just physically stopped working, but spiritually rested in God? What keeps you from practicing Sabbath?
  - **Simplicity:** What excess possessions, commitments, or choices are dividing your attention and energy?
  - **Slowing Down:** What would it look like practically to choose a slower pace this week?

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## Personal Reflection

Take 3-5 minutes of silence for personal reflection on these questions:

- If I'm honest, who or what is truly discipling me right now—Jesus or the culture around me?
- What would need to change in my life for me to truly be "with Jesus" and become like Him?
- What is God specifically asking me to do in response to this message?

*(Optional: Have members journal their responses)*

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## Practical Applications

### This Week's Challenge

Choose **one** of the following to practice this week:

1. **Practice Silence & Solitude**
  - Set aside 15-30 minutes one day this week to sit in complete silence with no phone, no music, no distractions. Simply be with God.
  - Notice what thoughts, feelings, or anxieties surface. Bring them to God in prayer.
2. **Implement a Mini-Sabbath**
  - Choose a 2-4 hour block this week where you cease from productivity and simply delight in, worship, and enjoy God.
  - Do something that refreshes your soul without the goal of accomplishment.
3. **Simplify Your Technology**
  - Turn off all non-essential notifications on your phone.
  - Establish a "phone-free" time each day (during meals, before bed, first hour of the morning, etc.).
  - Calculate how much time you actually spend on social media this week.
4. **Practice Being Present**
  - When someone talks to you this week, put your phone away completely and give them your full attention.
  - Before responding in conversations, pause and truly listen rather than planning what you'll say next.
5. **Evaluate Your Commitments**
  - List all your current commitments and activities.
  - Ask: "Did God call me to this, or did I just say yes because I felt pressure or wanted to appear productive?"
  - Pray about what you might need to eliminate or reduce.

### Accountability

- Share which practice you're choosing with the group
  - Exchange contact information with one other person to check in mid-week about how it's going
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## Closing Discussion

1. What's one thing God spoke to you about during this discussion?
2. What's the biggest obstacle you anticipate in slowing down and becoming a disciple of Jesus?
3. How can we pray for each other regarding this issue of hurry?

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## Closing Prayer

Pray together, focusing on:

- Confessing the ways we've allowed culture to disciple us instead of Jesus
  - Asking God to help us recognize hurry as a scheme of the enemy
  - Requesting grace to embrace the practices that lead to true discipleship
  - Praying for specific needs shared by group members
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## Additional Resources for Further Study

**Scripture References from the Sermon:**

- Matthew 11:28-29 (Jesus' invitation to rest)
- Luke 10:38-42 (Mary and Martha)
- Ephesians 6:11 (schemes of the devil)
- Romans 12:2 (don't be conformed to the world)
- 1 Corinthians 13:2 (without love, I am nothing)
- John 10:10 (the thief comes to steal, kill, and destroy)