



Hillside Church of Marin

Small Group Discussion Guide - 01/21/24

The Places We Get Stuck - pt. 3 - Hurry

Scripture: [Matthew 11:28-30](#), [Deuteronomy 5:12-15](#)

Main Point: The can find freedom from a hurried life by putting in place work/rest rhythms to slow down, rest and honor God.

GETTING STARTED

We are continuing to look at the places we get stuck that keep us from having a deeper connection to God. This week we are diving into hurry.

- How does living at a hurried pace effect you? Effect your other relationships? Impact your work, rest, play?
- If you weren't as hurried, what would you choose to do with your time?

DISCUSS THE TEXT

Read Matthew 11:28-30. What strikes you the most about this passage?

- In your own words what is Matthew saying?
- What's your first reaction to the phrase "rest for your soul"?
- Why do you think this is so important?

Now read Deuteronomy 5:12-15.

- Is there something in this passage that you are hearing new or for the first time
- What is the Biblical prescription for setting a work/rest balance?
- In v15 we read that the Lord is presently working to free us and in doing that he gives us a "command" to observe the Sabbath. Where are you being obedient to that command?
- Where do you prioritize focus on worship, study of God's Word, Communion, fellowship with family and other believers?

REFLECT AND APPLY

- Now that we have looked hard at our own busyness, we have read God's word, and we have been encouraged by Pastor Joey's teaching: what is one thing that you can do right now to open up space to "rest your soul in the Lord"?
- What is one long-term goal that you can begin to focus on that will move you toward a life that includes Sabbath practices?
- Think about it for a moment and share with the group if you feel comfortable doing so.

PRAYER

Share with your group, as you are able, one area of hurry that they can be praying freedom for you. Not your family, not your neighbor but pray for YOU. Now take a few minutes as you wrap up tonight to pray for one another.