

AN UNHURRIED LIFE (Week 1)

January 11th, 2026

“A Frenetic Life”

In our culture being busy is a badge of honor and considered a good thing. Being bored is not an option, and pausing means we might have to stop and consider what we have been running from, and we don't want to do that.

A hurried life is an unhealthy life:

- As Americans, the protestant work ethic has gone crazy. It's a badge of honor.
- Physically, if you have a steady diet of the wrong things, it will have an impact on your life.
- Many have an addiction to activity and to stop is actually painful.
- Spiritually, we have a constantly busy life focused on lesser things. Unfortunately, it's opportunity cost.
- Busyness, preoccupation, scrolling, social media, etc. are all enemies to relationships. Why? Because relationships take time, focus, and effort – there is an attentiveness necessary to have a deep relationship.

The impact on you:

- Physically: anxiety, hypertension, heart issues, etc.
- Relationally: we were built for relationship with God and others. Not having relationships is destructive to our souls.
- Opportunity cost: losing what you need and gaining what you don't.
- **Ecclesiastes 2:22–23, 4:8-12 (NIV)**

Our own personal busyness/hurriedness:

- A hurried preoccupied life kills relationship with God and others.
- Leads to a life of activity without depth because busyness kills relationship. Love is patient; it's time; it forgives; it encourages; it supports.
- A life of busyness leads to a life of doing things in your own wisdom, which leads you to not give the best version of you. It has an impact on those you lead—your children as well.

God wants to give us rest...life!

- Rest in God from His perspective is being still. It is not passive, and it's not an absence of thought like eastern meditation.
- Sabbath living both physically and spiritually.
- **Matthew 6:25–27 (NIV); Matthew 11:28–30 (NIV); John 10:10 (NIV).**

Waiting upon the Lord:

- **Isaiah 40:28–31 (ESV); Psalm 130:5–6 (NIV)**

What does it mean to “Come to Him?”

Psalm 27:8 (NLT) ⁸*My heart has heard you say, “Come and talk with me.” And my heart responds, “LORD, I am coming.”*

A. Being still and stopping what you are doing both in time and space.

Psalm 37:7 (NIV) ⁷*Be still before the LORD and wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes.*

Psalm 46:10 (NIV) ¹⁰*He says, “Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”*

B. Waiting and allowing Jesus to be Lord.

- I will stop working at the wrong things, and/or working at the right things in the wrong way.
- I will seek His Will and His Ways.
- His way is to trust in Him and His work, even when I can't see Him working, or I don't think He is moving fast enough.
- **Luke 6:46-49 (NIV)**

C. What does this provide?

- God's perspective.
- A reminder that He has and will be involved.
- God's strength to continue, as I wait, listen, and remember that there is support in being together.

- James 1:19-25 (NLT).

Making space for God's presence in your life.

I am not asking you to add this to your busy life; I am asking you to change things!

1. Be determined to be a disciple this year (Matthew 4:19 (ESV))!

- I will follow Christ and do what He says in every sphere of my life.
- I will allow Him to change me.
- I will grow in my commitment to His mission.
- The resulting fruit will be relationship qualities.

2. I will make a calendar for my family.

- The busyness of my calendar greatly impacts my ability to be a disciple.
- How much of what my children do or are involved in helps them grow as a disciple?
- Those who lead those environments: What is the agenda? What will your children learn? How will what they learn impact their lives?
- Opportunity cost:
 - What do I eliminate? What do I tweak so that I can experience God's presence, which comes through what He gives us in His Word.
 - What needs to change so that God's mission agenda can be moved forward?

3. I will allow my new priorities to protect my time.

- Proverbs 4:20-27 (NIV)

Our hope for this series: that you will choose to align your life around God's priorities (this is the difference between a life of "*I wish I would have...*" and "*I did have...*")

FOR SMALL GROUP DISCUSSION:

Opening Question: What is the fastest you have ever driven a vehicle, and why?

Main Point: Our culture says that if we aren't moving fast and accomplishing more then we aren't measuring up. This mindset can follow us into our Christian walk causing us to believe that our faithfulness is measured by how many things we get done for God. In contrast, Jesus not only seemed unhurried (or relaxed) most of the time, sometimes He even delayed on purpose to display God's power more effectively.

Read/Tell the Story: John 11:1-43 (ESV)

Head Questions:

- Why do you think Jesus didn't immediately go to help his friend Lazarus?
- Think about our cultural tendency to value a fast orientation and devalue a slow one. In what ways do you see this tendency in your own life? What voices, within or without, seek to keep you hurried?

Heart Questions:

- How do you respond to the idea of Jesus as relaxed? What is your initial reaction—is it a positive or negative one?
- In what ways do you see busyness as a hindrance to your following Jesus?
- When has God not worked in your preferred timeline? Were you able to see His reasoning later, or is it an area where more faith is needed?

Hands Questions:

- What opportunities to simplify your life might Jesus be inviting you to consider so that you can walk more closely with Him?

Additional Scripture: Luke 4:1-2; Matthew 6:25-34 (ESV)

Tips and Resources: *An Unhurried Life: Following Jesus' Rhythms of Work and Rest* by Alan Fadling
Ruthless Elimination of Hurry by John Mark Comer