

Game Changers: Week 4



May 14th, 2023

Review:

- Week 1: "From Fighting With to Fighting For."
- Week 2: "From Comparison to Contentment."
- Week 3: "From Criticism to Celebration."
- This week, we are talking about what it looks like to move from living a **hurried life** to living a **healthy life**.

WHAT DOES THIS HAVE TO DO WITH RELATIONSHIPS (marriage, parenting, friends, etc.)?

- One of the greatest regrets that parents have when it comes to raising their kids is that they wish they would not have been so rushed in their parenting.
- One of the greatest regrets that people have in their marriages is that they didn't slow down to enjoy each other and life together.

WHAT CAUSES ME TO LIVE HURRIED/RUSHED?

- This is nothing new. Even those who were and are closest to God find themselves falling into the trap of becoming "*hurried*" in life.

1 Samuel 13:5-12 (ESV) ⁵And the Philistines mustered to fight with Israel, thirty thousand chariots and six thousand horsemen and troops like the sand on the seashore in multitude. They came up and encamped in Michmash, to the east of Beth-aven. ⁶When the men of Israel saw that they were in trouble (for the people were hard pressed), the people hid themselves in caves and in holes and in rocks and in tombs and in cisterns, ⁷and some Hebrews crossed the fords of the Jordan to the land of Gad and Gilead. Saul was still at Gilgal, and all the people followed him trembling. ⁸He waited seven days, the time appointed by Samuel. But Samuel did not come to Gilgal, and the people were scattering from him. ⁹So Saul said, "Bring the burnt offering here to me, and the peace offerings." And he offered the burnt offering. ¹⁰As soon as he had finished offering the burnt offering, behold, Samuel came. And Saul went out to meet him and greet him. ¹¹Samuel said, "What have you done?" And Saul said, "When I saw that the people were scattering from me, and that you did not come within the days appointed, and that the Philistines had mustered at Michmash, ¹²I said, 'Now the Philistines will come down against me at Gilgal, and I have not sought the favor of the LORD.' So I forced myself, and offered the burnt offering."

- Saul becoming hurried was a result of fear. Saul hurried because things didn't go according to *his* timeline.
- **What can we learn from this passage?**

1. FEAR IS A CLOSE FRIEND WITH WORRY.

"HURRY IS NOT JUST A DISORDERED SCHEDULE. HURRY IS A DISORDERED HEART."¹

FEAR OF DISCOMFORT

- "*Not making enough money, not being able to give my family the life they deserve, not feeling like I'm successful...*" these are some of the greatest lies that the devil uses to deceive us.

FEAR OF MISSING OUT (FOMO)

- Missing out on experiences, relationships, a certain status...
- Social media is a killer when it comes to this. We see the snapshots of people's lives around us and immediately begin to compare.

Mark 8:35-36 (ESV) ³⁵For whoever would save his life will lose it, but whoever loses his life for my sake and the gospel's will save it. ³⁶For what does it profit a man to gain the whole world and forfeit his soul?

"IF THE DEVIL CAN'T MAKE YOU BAD, HE'LL MAKE YOU BUSY."²

2. FEAR DRIVES US TO TAKE CONTROL.

1 Samuel 13:8-9 ESV) ⁸He waited seven days, the time appointed by Samuel. But Samuel did not come to Gilgal, and the people were scattering from him. ⁹So Saul said, “Bring the burnt offering here to me, and the peace offerings.” And he offered the burnt offering.

3. THE RESULTS OF LIVING A HURRIED LIFE ARE NEVER GOOD (see Psalm 46:10; Matthew 11:28-30).

- When I live hurried, it often impacts those closest to me the most. It might seem like I’m accomplishing a lot, but at what cost?
- There is a major difference between living a “hurried life” and living a “full life.”
 - “Living hurried” means that our circumstances and calendars are what control us. It’s always feeling like you are just trying to survive. I don’t believe God created us to live that way.
 - Living a “full life” means that we are intentional with every single moment that God gives us.

WHAT NOW?

1. Want to evaluate and see if you are living a hurried life? At least three times this week, try this:
 - a. Turn off everything (phones, computers, music, **everything**) and sit in silence for 15 minutes. See if you can do it!
2. Learn to say “Yes” to the right things.
3. Learn to say “No,” even to good things.
4. Fight against the “Fear of Missing Out” mindset.
5. Schedule “Non-Scheduled” time—time where you have to ask the question, “What should I do with this free time?” and don’t rush to fill that time slot!

QUESTIONS TO DISCUSS IN LIFE GROUP OR WITH FAMILY AND FRIENDS:

Passages to consider: Psalm 46:10; Deuteronomy 6:4-9; Matthew 11:28-30.

- What from the sermon was meaningful to you?
 1. Read Psalm 46:10 and Matthew 11:28-30. What do you see about rest and pace from these Scriptures? What truth about God and mankind is being expressed?
 2. What makes you feel hurried? How do you decide when to say “yes” and when to say “no?”
 3. A healthy physical life involves eating good food and exercising. What is involved in a healthy spiritual life? Read Deuteronomy 6:4-9. What do you notice in this passage?
 4. What helps you recognize how the pace of life is impacting your relationships?
 5. What pace is healthy for you and your family at this time? What rhythms or routines help you manage priorities and big rocks in your schedule and relationships?
 6. What has God shown you about “Game Changers” for your relationships in this series?

EXTRA: Try one of these: 1) Take 10-15 minutes to be still and quiet with no electronics or distractions 1-3 times this week. 2) Take a time audit—be aware of how you are spending your time. 3) Try a new rhythm or routine that supports the health of your family and relationships.

NEXT WEEK: Next week we are starting a new series on 1 Peter.

Passages to prepare: 1 Peter 1

RESOURCES:

RightNow Media: Check out marriage studies on RightNow Media! Gain free access to RightNow Media by contacting the church office at office@centraliachristian.org to get signed up!

¹John Ortberg, *The Life You’ve Always Wanted to Live*, p.84 as quoted by Charles Stone, “How to Break the Power of Hurry,” *CharlesStone.com*, April 4, 2017.

²Dr. Benny Tate, “The Whisper of God,” *The Messenger*, Congregational Methodist Church, 2014, p. 9

Scripture quotations marked ESV are taken from The Holy Bible, English Standard Version copyright © 2001 by Crossway Bibles, a publishing ministry of Good News Publishers. Used by permission. All rights reserved. [emphasis added]