



week one

hurry sickness

bottom line

Hurry is the great enemy of spiritual life today. We must ruthlessly eliminate hurry from our lives.*



corresponding teaching content

Invite your group members to watch the corresponding teaching by Pastor Andrew on LivingInhabit.com's Media page before you begin this week's discussion guide.

group icebreaker

When it comes to music, do you tend to prefer fast & loud or slow & quiet?

reading scripture together

Read *1 Thessalonians 5* together.

play today's group intro video



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suggested discussion questions

getting connected with scripture:

1. How can we grow more mindful of the hope-filled reality of Christ's return without becoming distracted by the when/how mystery of it?
2. How should the prospect of Christ's return affect or inform our lifestyle and habits?
3. Verse 14 echoes a theme of Scripture to "be patient with everyone." It's also the first description of love in 1 Corinthians 13 and a fruit of the Spirit in Galatians 5. How would you describe the link between patience and slowing down?
4. Read verses 16-18 about God's will for us again. In what ways is God's will for us in conflict with our daily rhythms?

getting real with each other:

5. When are you most likely to become hurried?
6. What is the greatest source of distraction in your daily life?

getting practical with our faith:

7. Describe someone you've known who excels at living unhurried?
8. How does hurry get in the way of these formational habits we already discussed?
 1. Abiding Alone with God (*silence, solitude, prayer, etc*)
 2. Thinking Thoroughly Through Scripture (*study, memorization, meditation*)
 3. Eating in Intentional Community (*sharing meals with friends, family, fringe*)
 4. Resting in Designed Rhythms (*weekly Sabbath rhythms*)
 5. Fasting from Bodily Desires (*abstaining from food*)
9. **This Week:** Spend 10 minutes setting up the "Focus" settings on your iPhone (or similar settings on your Android device).