

It's important that God's Word continues after the message. At Celebrate, we find that you will talk over this week's message long after our experience is over. That's because God has lasting impact. The Sermon Discussion Guide is designed to help you continue the conversation all week.

The Problem of Hurry

This week we kicked off our new series, "The Pace of the Race: the race is set before you," by talking about time. More accurately, how we spend our time. According to the world, the best way to spend your time is in a hurry. "You don't know how much time you have on earth, so do it all now. You can sleep when you're dead!" has become our anthem. But Jesus' anthem sounds more like, "Come to Me, all of you who are weary and burdened, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light." (Matthew 11:28-30 NIV)

Our Defense Against Hurry

1. Take Jesus' Yoke upon You

Being completely honest with yourself, what are you currently yoked to? If you said Jesus, what did you have to unyoke yourself from? If you didn't say Jesus, what is a practical step you can take to unyoke yourself from whatever is holding you back?

2. Learn from Jesus

Have you ever tried to rush or hurry love? How did that impact you and your relationship with Jesus? How much do you think your life would change if you slowed down enough to live at the pace of love?

Matthew 22:37-38; Jeremiah 6:16; Mark 8:36; 1 Corinthians 13:4; Matthew 11:28-30 (MSG)

Make it Real

- Set aside at least 15 minutes this week to sit in complete silence and stillness and pray.
- Take a practical step toward unyoking yourself from whatever is holding you back from Jesus. Ask your life group for help; you don't have to do it alone.
- Rest on the Sabbath day! Take the day to be with Jesus and the people you love.