

Session 2: **The Problem**

PREP

Big Idea: Hurry can be toxic to every aspect of our lives.

Group Goal: Help your group consider ways that hurry is having a negative impact on their mental, emotional and spiritual health.

Facilitator Goal: Select the four questions that will best help your community accomplish the group goal above. You may use the following questions or come up with your own questions. Watch the clock and give adequate time to discuss these, filling in extra time with additional questions.

LESSON

*Ask your group members to **read** *The Problem* (chapters 1-3) in advance.*

Watch The Big Church Read's introductory video for this session: [The Problem](#)

Read Matthew 6:25-34. How do hurry, the constant worry about things and anxiety relate?

Lesson Questions

1. Do you relate to how John Mark describes his life in the prologue? In what ways?
2. Do you think or feel that you need to change your life, in order to stop hurrying? Are you ready to?
3. What would you say is the greatest challenge to your spiritual life?
4. How does Dallas Willard's suggestion to John Ortberg, "you must ruthlessly eliminate hurry from your life", sound to you?

5. "Hurry and love are incompatible." Would you agree? When was the last time you found this to be true in your own life?
6. Which/how many of John Mark's ten symptoms of 'hurry sickness' (pp. 48-51) resonate with you?
7. What does healthy busyness look like and what does unhealthy busyness look like?
8. JMC quotes Ortberg's concern for the danger that we 'just skim our lives instead of actually living them.' What do you think it means to 'skim our lives'?
9. Why do you think that the ability to 'pay attention' is key to following Jesus and living a good life?

Conclusion

Ask your group members to **read** The Solution (chapters 4-6, p.61) before your next meeting.

Pray

QUESTION SOURCES

The Big Church Read

Lifewords's Book Club - Community Church Huddersfield