

Introduction

As a group, schedule your six meeting dates and times. Then read the assigned pages and answer the questions on your own prior to your scheduled meetings. Depending on the size of your group and meeting time length, you may not be able to discuss every question. Pick and choose which ones to discuss as a group. Remember, these are only suggestions to start up authentic conversation!

The Prologue

Read pages xiii to 13 and reflect on the following questions:

1. What happens to you when you are hurried?
2. Looking at Matthew 11:28-30, what speaks to you most in these words from Jesus at this point in your life?
3. What steps are you willing to take to become an apprentice of Jesus?
4. Before reading the book, what would you say is the greatest enemy of your spiritual life?

Group Discussion Questions

Meeting 1 The Problem

Prior to meeting, read pages 17 to 57.

Date and Time: _____

At the start of your group meeting:

1. Switch your cell phone mode to airplane.
2. Open in prayer: Gracious and Loving God, we thank and praise you for the opportunity to come together. We recognize your presence with us and open ourselves to what you are doing in our midst. May we, by your grace, open our lives to you fully, completely, and give you permission to do whatever you want to do in us through the pages we read and the discussions we have. Guide us by your anointing Spirit, that we may receive what you have for us. We pray with anticipation in the name of Jesus. Amen.

Answer the following questions and share them with your group:

1. In two sentences, describe your season of life.
2. What idea or phrase stood out to you in this section of the book?
3. What forces you to slow down?
4. Using the time log sheet attached, track your activities (everything from devotional time, errands, exercise, jobs, being parent/grandparent Uber, etc.) for seven

consecutive days. No judgement, just an assessment. Feel free to share it with your group to see what you all have in common.

5. List your priorities. Has the order changed over the past year? How?
6. How did you score on the self-inventory on pages 48-51? Which one did you identify with the most over the past year?

Meeting 2 The Solution

Prior to meeting, read pages 61 to 98.

Date and Time: _____

At the start of your group meeting:

1. Switch your cell phone mode to airplane.
2. Open in prayer: Gracious and Loving God, we thank and praise you for the opportunity to come together. We recognize your presence with us and open ourselves to what you are doing in our midst. May we, by your grace, open our lives to you fully, completely, and give you permission to do whatever you want to do in us through the pages we read and the discussions we have. Guide us by your anointing Spirit, that we may receive what you have for us. We pray with anticipation in the name of Jesus. Amen.

Answer the following questions and share them with your group:

1. What idea or phrase stood out to you in this section of the book?
2. For you, what is the correlation between hurry and spirituality?
3. On page 77, the author encourages us to organize our lives around three basic goals (1. Be with Jesus, 2. Become like Jesus, and 3. Do what he would do if he were you.) Go to <https://www.sapres.org/messages/series/follow-me/147> and listen to Pastor Gary's message that begins our sermon series, Follow Me, A Life Worth Sharing. What does Pastor Gary teach you about Jesus that you can use to become like Jesus, even if it's just one small step?
4. On page 88, the author confesses, "The reality is, I want the life, but I'm not willing to adopt the lifestyle behind it." Do you agree or disagree?
5. How would you describe Jesus's lifestyle (rhythms, routines)? Cite two or three verses that point to his rhythms and routines.
6. Look at your one-week time log and a.) describe your margin (length, frequency), b.) assess how your time log points to what you value.
7. On page 98, the author asks the question, "are you ready...". How do you answer this for yourself?

Meeting 3
Spiritual Disciplines

Prior to meeting, define spiritual discipline. Then read pages 99 to 115.

Date and Time: _____

At the start of your group meeting:

1. Switch your cell phone mode to airplane.
2. Open in prayer: Gracious and Loving God, we thank and praise you for the opportunity to come together. We recognize your presence with us and open ourselves to what you are doing in our midst. May we, by your grace, open our lives to you fully, completely, and give you permission to do whatever you want to do in us through the pages we read and the discussions we have. Guide us by your anointing Spirit, that we may receive what you have for us. We pray with anticipation in the name of Jesus. Amen.

Answer the following questions and share them with your group:

1. What idea or phrase stood out to you in this section of the book?
2. On page 110, the author defines spiritual discipline. Share an example of how you apply this in your daily routine. If you haven't, where could you "insert" this into your life? Extra credit: ask your group members for suggestions.
3. What motivates your routine and discipline? (We do not fast to become good at fasting, we fast to train our bodies and minds in gratitude, to avoid dependence on things rather than Jesus).
4. If you need help deciding which discipline may be helpful for you in this season of life, ask yourself: how do you open yourself up to God and enjoy him? Presently, what do you think you need to live a happy, restful life? How much gratitude and contentment do you have for your life? What gives meaning to your life?

Meeting 4
The Practices: Silence, Solitude, and the Sabbath

Prior to meeting, read pages 119 to 176.

Date and Time: _____

At the start of your group meeting:

1. Switch your cell phone mode to airplane.

2. Open in prayer: Gracious and Loving God, we thank and praise you for the opportunity to come together. We recognize your presence with us and open ourselves to what you are doing in our midst. May we, by your grace, open our lives to you fully, completely, and give you permission to do whatever you want to do in us through the pages we read and the discussions we have. Guide us by your anointing Spirit, that we may receive what you have for us. We pray with anticipation in the name of Jesus. Amen.

Answer the following questions and share them with your group:

1. Before starting your group meeting, put your cell phone on airplane mode.
2. What idea or phrase stood out to you in this section of the book?
3. Go back to your time log. What can you replace with an hour of solitude each day or week?
4. The author says the Sabbath is “blessed” and “holy.” Who, if any, in your life has modeled this well for you?
5. Describe your Sabbath and share it with your group members. What might you consider changing about how you Sabbath?
6. On page 165, the author says, “Slaves don’t get a Sabbath.” What are you a slave to?

Meeting 5

The Practices: Simplicity and Slowing

Prior to meeting, read pages 177 to 244. Jot down your answers to these questions and share them with your group.

Date and Time: _____

At the start of your group meeting:

1. Switch your cell phone mode to airplane.
2. Open in prayer: Gracious and Loving God, we thank and praise you for the opportunity to come together. We recognize your presence with us and open ourselves to what you are doing in our midst. May we, by your grace, open our lives to you fully, completely, and give you permission to do whatever you want to do in us through the pages we read and the discussions we have. Guide us by your anointing Spirit, that we may receive what you have for us. We pray with anticipation in the name of Jesus. Amen.

Answer the following questions and share them with your group:

1. Before starting your group meeting, put your cell phone on airplane mode.
2. What idea or phrase stood out to you in this section of the book?

3. The author provides a few one-liners for clutter:
 - a. "Anything that does not add value to my life
 - b. Anything that does not spark joy
 - c. Too much stuff in too small a space...anything that we no longer used or loved, and anything that led to a feeling of disorganization."

Pick ONE drawer, shelf, counter, or closet to evaluate using these descriptions. Take a before and after photo to share with your group. How long did it take you?

Meeting 6

Exercises

Prior to meeting, read pages 245 to 256.

Date and Time: _____

At the start of your group meeting:

1. Switch your cell phone mode to airplane.
2. Open in prayer: Gracious and Loving God, we thank and praise you for the opportunity to come together. We recognize your presence with us and open ourselves to what you are doing in our midst. May we, by your grace, open our lives to you fully, completely, and give you permission to do whatever you want to do in us through the pages we read and the discussions we have. Guide us by your anointing Spirit, that we may receive what you have for us. We pray with anticipation in the name of Jesus. Amen.

Answer the following questions and share them with your group:

1. What idea or phrase stood out to you in this section of the book?
2. Go to <https://johnmarkcomer.com/blog/unhurry> and download the companion book that gives you more ideas for solitude, Sabbath, simplicity, and slowing. Email adults@sapres.org if you need a hardcopy.
 - a. On an index card, jot down one or two ideas that you'd like to apply in your life over the next few months.
 - b. Sign your name and trade index cards with your group members so that everyone has a card other than their own.
 - c. Over the next four weeks, pray for your group member as encouragement.
3. Prepare a picnic or potluck for this last meeting together. Remember to put your phone on airplane mode before sharing a meal with one another!

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am							
7am							
8am							
9am							
10am							
11am							
12pm							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							
9pm							
10pm							