



GROUPS AT CROSS POINT

BREAKING THE ICE

What's the loudest, busiest place you have ever been to?

Do you enjoy the busyness of the city or does it wear you out?

Explain a time where you felt the need to slow down in the midst of a busy season.

MAIN CONTENT

This week, Pastor Kevin taught about unsubscribing from hurry and how “hurry” can keep us from encountering what God has for us.

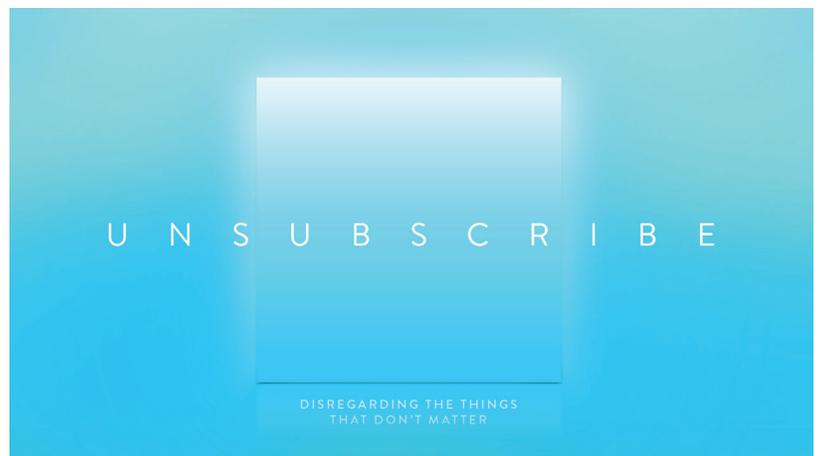
Jeremy Rifkin said, “We are a nation in love with speed. We drive fast, eat fast and talk fast. We are obsessed with breaking records and shortening timespans. We digest life, condense our experiences, and compress our thoughts. We are a culture surrounded by memos and commercials. While other cultures might believe haste makes waste, we are convinced that speed reflects alertness, power, and success. Americans are always in a hurry.”

1. Does anything about this quote resonate with your life? Explain.
2. How often do you feel like you hurry in your life?

The pace of your life is tied to your heart. If you are running at full speed all the time and not taking time to rest, your heart will be too busy to take in the beauty of life.

God knew we needed time to rest, and in His love for us, He created a day so we could rest.

Deuteronomy 5:15 talks about when God gave his people a sabbath. The sabbath was meant to be a blessing to them – a time to rest and recuperate. But, over time we put rules and stipulations on our sabbath that were never meant to be there.



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3. How often do you take time to rest?

Jesus knew how important it was to keep a sabbath and have time to rest. In Matthew 11:28-30, Jesus talks about taking burdens of our lives and giving them over to Him.

He wants to take the hard things in our lives and give us new life. The sabbath was a way to rest in Him and give up the things we weren't meant to carry. It was also a way to quit trying to live up to the religious laws that were set before us and to move to a meaningful relationship with Him.

Jesus knew the burden of carrying all the rules and laws was difficult. He wanted a relationship with us to show His love, and that rules didn't equate to love.

But in His love for us, He needed time to rest Himself. He had to intentionally withdraw from the crowds, unsubscribe from the busyness of life and get the rest He needed in order to do the work He was called to do.

4. What do you need to unsubscribe from that keeps you too busy and always in a hurry?

5. How can you unsubscribe from that?

One way to subscribe to rest is by keeping one day a week as a sabbath. (1 out of 7 days). One of the 10 commandments is "Remember the Sabbath day by keeping it holy." (Exodus 20:8)

Our tendency is to keep moving and to keep working, because we feel like if we don't, things won't get done. But God never stops working, and the world doesn't depend on what we can do but what He can do.

6. Have you ever had a day you kept as a sabbath? If so, what did that look like for you?

Another way to subscribe to rest is by walking slowly through the crowd. When we rush to do things, we tend to bypass those around us and not see them or their needs. We put doing things above people. John Maxwell once said, "You can't lead and love people in a hurry."

7. Have you ever put getting things done over spending time with people? What was the result?

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God calls us to love Him and love people.

One way to love God and spend time with Him and others is to stop and pray. When we subscribe to stop and pray, we are keeping company with God and thinking of others as we pray for them.

When we pray, it causes us to slow down and take time with those who need it most.

8. How often do you stop and pray for someone during your week? If you haven't, what keeps you from it?

Sometimes, prayer can be intimidating as you may feel you don't have the right words to say. There's good news: God doesn't grade your prayers. He looks at your heart. Even if you don't say the right thing in your prayer, God knows what you mean, and He covers your prayers for you. God wants you to just start by talking to him in prayer, letting Him know what's on your mind.

When we stop and pray for others, God works. Prayer brings heaven down to earth and affects eternity.

9. Who can you stop and pray for this week?

CLOSING PRAYER

God, thank You for showing us where we need to unsubscribe from hurry in our lives. Help us slow down and take time to rest in You. Show us where we need to stop being busy and see others' needs. Prompt us on the times where we need to stop and pray for others so that we can be a part of Your will being done. In Jesus' name, amen.

ACTION STEP

This week, take time to stop and pray with someone as God prompts you. Share with your group members next week where God helped you take time to stop and pray.

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