

- “Not Fighting with but fighting for,” “From comparison to contentment,” and “Critical to Celebration” all require time and energy.

1. THE WORLD IS IN A _____.

Hurry sickness is “a behavior pattern characterized by continual rushing and anxiousness; an overwhelming and continual sense of urgency.”¹

“HURRY IS NOT JUST A DISORDERED SCHEDULE. HURRY IS A DISORDERED HEART.”²

Proverbs 21:5 (ESV) The plans of the diligent lead surely to advantage, But everyone who is hasty comes surely to poverty.

2. GOD IS NOT IN A _____.

- Theology (the study of who God is): What is His timing and purpose for rest?
- See **Genesis 2:2, Exodus 31:15**
- Look at Abraham, Joseph, Paul, and Jesus

Mark 6:31 (NIV) Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.”

Luke 10:38-42 (NLT) ³⁸As Jesus and the disciples continued on their way to Jerusalem, they came to a certain village where a woman named Martha welcomed him into her home. ³⁹Her sister, Mary, sat at the Lord’s feet, listening to what he taught. ⁴⁰But Martha was distracted by the big dinner she was preparing. She came to Jesus and said, “Lord, doesn’t it seem unfair to you that my sister just sits here while I do all the work? Tell her to come and help me.” ⁴¹But the Lord said to her, “My dear Martha, you are worried and upset over all these details! ⁴²There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.”

- o Martha got distracted while Mary sat at His feet to hear His word.
- o The one thing worth being concerned about: dwelling in the presence of God.

3. JESUS WANTS TO BRING _____ INTO OUR CRAZY LIVES.

- Peace with God
- Freedom to worship God
- Freedom from pleasing others
- Freedom from the weight of expectations of this world
- Faith in God is the door to rest (See **Hebrews 4:2-3**)

Hebrews 4:9-11 (NIV) ⁹There remains, then, a Sabbath-rest for the people of God; ¹⁰for anyone who enters God’s rest also rests from their works, just as God did from his. ¹¹Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.

- o Make every effort to enter that rest.

4. LIVE A LIFE OF HEALTHY _____.

Matthew 6:33 (NIV) But seek first His kingdom and His righteousness, and all these things will be added to you.

- o Prioritize which “rocks” are most important.

Philippians 4:6-7 (NIV) ⁶Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

- o Surrender the things you are anxious about by prayerfully bringing them to God.

Psalms 27:14 (ESV) Wait for the Lord; be strong, and let your heart take courage; wait for the Lord!

- o Waiting on God produces perseverance and character.

Matthew 11:28-30 (ESV) ²⁸Come to me, all who labor and are heavy laden, and I will give you rest. ²⁹Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰For my yoke is easy, and my burden is light.

- o Rest is healthy.

CONCLUSION

- **Pre-marriage and early marriage:** take time to learn to communicate.
 - **Moms and Dads:** have a date with your kids and validate who they are—listen to them, don’t try to fix them.
 - Recognize rhythms with stages in life. (Such as children versus teenagers.)
 - **Empty nesters:** Learn to communicate again! Do things together—be in ministry together.
 - **Grandparents:** Carefully speak wisdom to your kids and grandkids.
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QUESTIONS TO DISCUSS IN LIFE GROUP OR WITH YOUR FAMILY AND FRIENDS

Passages to consider: Psalm 46:10; Deuteronomy 6:4-9; Matthew 11:28-30

- *What from the sermon was meaningful to you?*
- 1. Read Psalm 46:10 & Matthew 11:28-30. What do you see about rest and pace from these scriptures? A) What truth about God and mankind is being expressed?
- 2. What makes you feel hurried? A) How do you decide when to say yes and when to say no?
- 3. A healthy physical life involves eating good food and exercise. What is involved in a healthy spiritual life? A) Read Deuteronomy 6:4-9. What do you notice in this passage?
- 4. What helps you recognize how the pace of life is impacting your relationships?
- 5. What pace is healthy for you and your family at this time? A) What rhythms or routines help you manage priorities and big rocks in your schedule and relationships?
- 6. What has God showing you about “game changers” for your relationships in this series?

EXTRA: Try one of these. 1) Take 10-15 minutes to be still and quiet with no electronics or distractions 1-3 times this week. 2) Take a time audit—be aware how you are spending your time. 3) Try a new rhythm or routine that supports the health of your family and relationships.

Next week: We’re beginning new series on Worship.

Passages to prepare: Psalm 148, 146, & 19; Isaiah 6:1-8

RESOURCES

Ongoing: Smart StepFamily class is being held Sundays at 9:45pm at the PF Campus in Room 210.

March 10th: Fail-Proof Your Marriage class starts at 9:45am at the PF Campus in Room 211. (Register on our website.)

RightNow Media: Check out marriage studies on RightNow Media! Gain free access to RightNow Media by visiting the Resources page of our website (www.reallifeministries.com/north-campus/resources).

Life Group Curriculum Ideas: Ask your Community Pastor or visit www.reallifeministries.com/lgresources.

¹Definition of *hurry sickness* taken from Rosemary KM Sword & Philip Zimbardo, “Hurry Sickness: Is Our Quest to Do All and Be All Costing Us Our Health?,” *Psychology Today*, February 09, 2013. www.psychologytoday.com/us/blog/the-time-cure/201302/hurry-sickness

²John Ortberg, *The Life You’ve Always Wanted to Live*, p.84 as quoted by Charles Stone, “How to Break the Power of Hurry,” *CharlesStone.com*, April 4, 2017. Scripture quotations marked ESV are taken from The Holy Bible, English Standard Version copyright © 2001 by Crossway Bibles, a publishing ministry of Good News Publishers. Used by permission. All rights reserved.

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