



We run so fast, we often run ahead of God, when he calls us to slow down and walk beside him. Could it be that “doing more” is getting in the way of “being with”?

These questions are intended to deepen your experience of the message. Use them for your personal or family study time, or with an open Bible as you share the good news with your neighbor.

Group Ice-Breaker:

- (1) What do you notice when you go walking that you don't notice when you go driving?
- (2) What comes to mind when David says “he makes me lie down in green pastures”?

WHAT'S YOUR HURRY? Two Andy Griffith episodes speak to our addiction to a “hurried” life. In “The Sermon For Today,” the preacher asks “what’s your hurry?” In “Man in a Hurry,” Andy and Barney cause the man to slow down and think about a lovely song from his childhood. What do these scenes do for you? Why do you think we are so addicted to “hurrying”?

ARE WE BUILT FOR SPEED? Rich Valledos: “Our souls were not created for the kind of speed to which we have grown accustomed.” James Comer: “There is simply no way of following Jesus without unhurrying your life.” Do you agree? Discuss. What would “the ruthless elimination of hurry” look like in your life?

DISTRACTION. What are ways we fill our days with distraction? How is constant distraction one way we “fall short of the glory of God”?

MARY AND MARTHA. Read **Luke 10:38-42**. Discuss this scene. What is the “distraction”? Does “you are anxious about many things” describe your life? What is hard to accept about this story?

THREE-MILE AN HOUR GOD. We walk an average of 3-miles an hour. Notice in the gospels how often Jesus walks. What would it look like to “walk with Jesus” by slowing down? What do you notice by walking that you don’t when you are driving?

FINDING YOUR SECRET PLACE. Read **Matthew 6:6; Mark 1:35; Luke 5:16; 22:39; John 18:2**. Why does Jesus spend time on “where” to pray? Why does Jesus seem to prefer deserted places for his times of prayer? Now consider your own habits and routine: what would be your “secret” place? How is vacationing NOT the same thing as “wasting time with God”?