

UNHURRIED

WEEK 1
SURRENDER CONTROL
DANNY ANDERSON

Small Groups

Jesus lived an unhurried life.

“Come to me, all of you who are weary and carry heavy burdens, and I will give you **rest**. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find **rest** for your souls. For my yoke is easy to bear, and the **burden** I give you is **light**.” *Matthew 11:28-30*

Jesus was very busy, but never in a hurry.

“*Hurry is the great enemy of the spiritual life.*” – Dallas Willard

When you hurry you make poor choices.

Enthusiasm without knowledge is no good; **haste** makes **mistakes**. *Proverbs 19:2*

So Sarai said to Abram, “The Lord has prevented me from having children. Go and sleep with my servant. Perhaps I can have children through her.” And Abram agreed with Sarai’s proposal. *Genesis 16:2*

“This is all **your fault**! I put my servant into your arms, but now that she’s pregnant she treats me with contempt. The Lord will show who’s wrong—you or me!” *Genesis 16:5*

“This son of yours will be a wild man, as untamed as a wild donkey! He will raise his fist against everyone, and everyone will be against him. Yes, he will live in open hostility against all his relatives.” *Genesis 16:12*

You must surrender control.

“**Be still**, and know that I am God.” *Psalms 46:10*

“I can do nothing on my own. I judge as God tells me. Therefore, my judgment is just, because I carry out the will of the one who sent me, not my own will.” *John 5:30*

Jesus surrendered total control of his life to his father.

The Father invites you into the same rhythm.

“Your **kingdom** come, your **will** be done, on earth as it is in heaven.” *Matthew 6:10*

“Seek the **Kingdom of God** above all else, and live righteously, and he will give you everything you **need**.” *Matthew 6:33*

An unhurried life is not all about doing less, but rather doing things in a different way.

Group Prep

In preparation for group, read Matthew 11:28-30, Luke 6:6-12, and Mark 1:32-39, listen to the weekend service message, then answer the following discussion questions.

Introduction

Isn’t it about time you slow down? Not having to rush around all the time is possible. Jesus is arguably the most influential person ever to walk the earth, yet he lived an unhurried life. Yes, he was busy, but he was never hurried. He was relaxed. How did he do it?

Discussion Questions

1. What are some of the values and attitudes in our society that drive us to a hurried lifestyle? When, where, or how do you feel most hurried?

2. Pastor and author John Ortberg, writes, “Hurry is the great enemy of spiritual life in our day. Hurry can destroy our souls. Hurry can keep us from living well.” How have you experienced the destructive power of being in a hurry? What bad choices have you made because of this?

Read Matthew 11:28-30, Mark 1:32-39, and Luke 6:6-12. From these passages and other stories in the Gospels, what are some examples of how Jesus modeled the unhurried life?

Describe the relationship between hurry and the desire to control. How can surrendering to God’s will lead to an unhurried life? Describe how your life currently aligns with the rhythm of Jesus’ life and how it doesn’t.

3. Identify a high level of busyness in an area of your life. What is driving you to push so hard? What are you trying to accomplish? How is this area aligned with what God wants you to accomplish?

Action Step

“To be spiritually healthy, you must ruthlessly eliminate hurry from your life.” In light of this quote, what is one thing you would need to change so you can slow down?

My action step is _____.

I will encourage and pray for _____ to follow through, and their action step is _____.

My memory verse is _____.

This coming week, I’m praying for _____.

Outreach: Groups in Action

Ongoing church impact:

Pick up a bag from the Impact collection bin in your lobby. Fill the bag with the requested items, bring it back, and place it in the collection bin. These will make an impact in the lives of others in our community by restocking Emmanuel’s local nonprofit partnerships.

Support a foster family:

Emmanuel has 3 new foster families who need our help. We need 15 individuals to provide support for these families! Email Kerry Carmichael at kcarmichael@eclife.org for more information.