

THE SPIRITUAL DETOX (Week 3)

Toxic Pace

1. What's the fastest speed you've ever travelled in a car or boat? or Have you ever run out of fuel while driving in a car or boat? What did you learn from the experience?
2. Do you feel that your life is going at a faster pace than you'd prefer? In what way?
3. Read Eccl 2:22-23. In this passage Solomon expresses his frustration about his mind not being able to rest. In his sermon, Ken suggested that when we are always in a hurry and cannot rest it leads us to missing out, passing by, and crashing. In our fast-paced lives, what are some of the things that cause us to be in a constant hurry.
4. John Ortberg writes, *We must ruthlessly eliminate hurry from our lives. This doesn't mean that we will never be busy. Jesus often had a lot to do, but he never did it in a way that severed life-giving connection between him and the Father. He never did it in a way that interfered with his ability to give love when love was called for. He never did it in a way that caused him to treat someone as an interruption. Jesus was often busy, but never hurried.* What do you understand to be the difference between being busy and being in a hurry?
5. Read Psalm 139:23. Pastor Ken suggests that the cure for 'hurry sickness' is to pull over ... open the hood ... change lanes. When David asks the Lord to "Search Him and know his heart," what do you think he is asking? What is David's response to knowing God knows him, wants him, made him and has a plan for him?
6. Read Psalm 46:10. What does this verse tell you about the relationship between being still and knowing that He is God. How has stillness helped you experience God in the hurriedness of life?
7. Read Matthew 11:28-30. What are the three things we can do to experience the "rest" Jesus promises? Which one(s) do you need to work on? Why?
8. Remind yourself: *If nothing changes, nothing changes.* What changes may you need to make to change the internal pace you experience in your life.