



# **The Ruthless Elimination of Hurry**

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**Study Guide**

# The Ruthless Elimination of Hurry

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# Session 1:

## The Problem

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**PRE-READING:** Prologue & Chapter 1

### OPENING PRAYER

Take a few minutes to open your group meeting in prayer. Thank God for joining you, ask him to guide your conversation, and request that he reveal his truth to you. Conclude your prayer with this:

"In a world that is so wired and interconnected, Lord, we come to you seeking solitude and rest in this time together. Guard us from shutting our hearts and ears to the discussion and community today. We request that you are present in this group and that your truth is revealed to us. Amen."



### VIDEO TEACHING

Visit [hopewdm.org/youtube](https://hopewdm.org/youtube) and watch the teaching video for this session.

**BIBLE READING:** Mark 8:34-37

#### Read aloud:

*Then he called the crowd to him along with his disciples and said: "Whoever wants to be my disciple must deny themselves and take up their cross and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me and for the gospel will save it. What good is it for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?"*

### DISCUSSION QUESTIONS:

Read through and discuss the questions below with your group. Don't feel a need to get through all the questions. Instead, have group members share thoughts on whichever ones, and let the Spirit guide your conversation.

#### Prologue: Autobiography of an Epidemic:

1. Take time to introduce yourself to the group. Share what you do for work, what your family looks like, what your relationships look like, and what season of life you are in right now. In this season, what is taking your time, emotional space and mental space on a regular day like for you?
2. On page 4, John Mark Comer shares what his idea of success in his field of work looked like to him. What is your understanding of "success"?
3. What lies has society told you about what being successful means? At what cost does being successful come? Recognizing the lies of society, how does this change your view and understanding of success?

1. John Mark Comer presents the question, "What are great challenges to your spiritual life?" (page 29). Take time to share your answers to this question. Do the answers have something in common? Is hurry at the root of them? If not, what is at the root of these challenges?
2. On page 24, the author says, "Hurry is of the devil; slow is of Jesus." What are some qualities you know about Jesus, whether from teaching, Scripture or experience, that you admire and desire for yourself?

When your conversation is finished, take some time to close your group meeting in prayer. Give everyone a few minutes to share a prayer request. Then, have someone in your group close the group in prayer. If you want, have someone open the prayer and another person close.

## This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# Session 2:

## Something Is Deeply Wrong

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**PRE-READING:** Chapters 2-3

### OPENING PRAYER

Take a few minutes to open your group meeting in prayer. Thank God for joining you, ask him to guide your conversation, and request that he reveal his truth to you.



### VIDEO TEACHING

Visit [hopewdm.org/youtube](http://hopewdm.org/youtube) and watch the teaching video for this session.

**BIBLE READING:** Luke 10:38-42

#### Read aloud:

*"At the Home of Mary and Martha"*

*As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. 39 She had a sister called Mary, who sat at the Lord's feet listening to what he said. 40 But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"*

*"Martha, Martha," the Lord answered, "you are worried and upset about many things, 42 but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."*

### DISCUSSION QUESTIONS:

Read through and discuss the questions below with your group. Don't feel a need to get through all the questions. Instead, have group members share thoughts on whichever ones, and let the Spirit guide your conversation.

#### Chapter 2: A Brief History of Speed

1. When John Mark Comer shares the history of speed and what has led to the pace of life we experience today, is there anything that surprised you? Do any of his examples stick out to you as having a significant impact on your personal life? Can you imagine life without these advancements in technology?
2. Take time as a group to talk about the pros and cons of the digital age in your life. How have you seen it change as you have grown up? How have the changes affected your life? Comer gives a few examples such as lower attention span, less sleep, addictive behaviors, etc. Feel free to expand on these examples or share some of your own.

3. What is distraction, addiction and the current pace of life doing to your soul?

### **Chapter 3: Something Is Deeply Wrong**

1. Comer shared a list of 10 symptoms that he has experienced of hurry sickness. Do you connect or relate to any of his experiences? If so, share how these symptoms affect your life. Are there any other symptoms you have experienced that were not listed?
2. John Mark Comer says, "In the end, your life is no more than the sum of what you gave your attention to" (page 55). Reflect on the things you give your attention to. What are they? What do they do for your spiritual life?
3. When Comer says hurry is a sign of something deeper, do you agree? Is there anything you are running from in your life? Or is there something that you are running to?

### **CLOSING PRAYER**

When your conversation is finished, take some time to close your group meeting in prayer. Give everyone a few minutes to share a prayer request. Then, have someone in your group close the group in prayer. After someone has lifted the group's prayer requests, read the following prayer aloud:

*All complain that they haven't enough time.  
They look at their lives from too human a point of view.  
There is always time to do what God wants us to do,  
but we must put ourselves completely into each moment offered now.*

*I went out, Lord. People were coming and going, walking, and running.  
Everything was rushing, cars, trucks, the street, the whole town.*

*Rushing not to waste time.  
To catch up with time, to gain time.*

*Goodbye, excuse me, I haven't time.  
I'll come back, I can't wait, I haven't time.  
I must end this letter – I haven't time.  
I'd love to help you, but I haven't time.  
I can't accept, having no time.  
I can't think, I can't read, I'm swamped, I haven't time.  
I'd like to pray, but I haven't time.*

*You understand, Lord, they simply haven't the time.  
The child is playing, he hasn't time right now ... later on ...  
The schoolboy has his homework to do, he hasn't time ... later on ...  
The student has his courses, and so much work ... later on ...  
The young man is at his sports, he hasn't time ... later on ...  
The young married man has his new house; he has to fix it up, he hasn't time ...  
later on ...*

*The grandparents have their grandchildren, they haven't time ... later ...  
They are dying, they have no ...  
Too late! They have no more time!*

*And so, people run after time, Lord.  
They pass through life running – hurried, jostled, overburdened, frantic,  
and they never get there. They haven't time.  
Despite all their efforts they're still short of time.  
Of a great deal of time.*

*Lord, you must have made a mistake in your calculations.  
There is a big mistake somewhere.  
The hours are too short, the days are too short.  
Our lives are too short.*

*You who are beyond time, Lord, you smile to see us fighting it.  
And you know what you are doing.  
You make no mistakes in your distribution of time to men.  
You give each one time to do what you want him to do.  
But we must not lose time  
waste time,  
kill time,  
For time is a gift that you give us,  
But a perishable gift,  
A gift that does not keep.*

*Lord, I have time, I have plenty of time,  
All the time that you give me,  
The years of my life, the days of my years, the hours of my days.  
They are all mine.  
Mine to fill, quietly, calmly,  
But to fill completely, up to the brim.  
To offer them to you, that of their insipid water You may make a rich  
wine as you made once in Galilee.  
I am not asking you today, Lord, for time to do this and then that,  
but your grace to do conscientiously, in the time that you give,  
what you want me to do.  
Amen.*

*—Michel Quoist*





# Session 3:

## *Is There a Solution?*

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**PRE-READING:** Chapters 4-6

### **OPENING PRAYER**

Take a few minutes to open your group meeting in prayer. Thank God for joining you, ask him to guide your conversation, and request that he reveal his truth to you.



### **VIDEO TEACHING**

Visit [hopewdm.org/youtube](http://hopewdm.org/youtube) and watch the teaching video for this session.

**BIBLE READING:** Matthew 11:28-30

#### **Read aloud:**

*"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light."*

### **DISCUSSION QUESTIONS:**

Read through and discuss the questions below with your group. Don't feel a need to get through all the questions. Instead, have group members share thoughts on whichever ones, and let the Spirit guide your conversation.

#### **Chapter 4: Hint: The Solution Isn't More Time**

1. What was your initial reaction when John Mark Comer said that the solution to a hurried lifestyle is not more time? Do you agree or do you disagree? How could you spend your time that would leave you more satisfied and fill up your cup?
2. John Mark Comer shared 10 limitations we face as humans. Which one(s) stand out to you right now in the season of life that you are in? Do you accept this as a limitation in your life? If not, how might your life change if you fully accepted this limitation?

#### **Chapter 5: The Secret of the Easy Yoke**

1. To accept and believe Comer's statement that the way of Jesus is a way of life (page 84), what lies from society do you have to overcome to make Jesus' way the your way of life?

#### **Chapter 6: What We're Really Talking About Is a Rule of Life**

1. On page 93, John Mark Comer presents the question, "How would Jesus live if he were you?" If Jesus had your job, your passions, your community ... how do you imagine his life would look? Does this look differently from your life?

2. Take a few minutes to think about how you can incorporate time with Jesus in your life this upcoming week. After a few moments, share this idea with your group and find an accountability partner to check in with every day for the next week.

## CLOSING PRAYER

When your conversation is finished, take some time to close your group meeting in prayer. Give everyone a few minutes to share a prayer request. Then, have someone in your group close the group in prayer. If you want, have someone open the prayer and another person close.

**NOTES:**

[illegible]

# Session 4:

## *The Unhurried Life*

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**PRE-READING:** Intermission & Chapter 7

### **OPENING PRAYER**

Take a few minutes to open your group meeting in prayer. Thank God for joining you, ask him to guide your conversation, and request that he reveal his truth to you.



### **VIDEO TEACHING**

Visit [hopewdm.org/youtube](http://hopewdm.org/youtube) and watch the teaching video for this session.

**BIBLE READING:** Matthew 4:1-4

#### **Read aloud:**

*Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, "If you are the Son of God, tell these stones to become bread."*

*Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'"*

### **DISCUSSION QUESTIONS:**

Read through and discuss the questions below with your group. Don't feel a need to get through all the questions. Instead, have group members share thoughts on whichever ones, and let the Spirit guide your conversation.

#### **Follow-up question from last week:**

1. Did you find time to connect with Jesus this past week? What was your experience? Was it helpful to have an accountability partner?

#### **Intermission: Wait, What Are the Spiritual Practices Again?**

1. Have you ever thought about the Gospels as biographies? How does this change the way you view Scripture, specifically the Gospel accounts?
2. Have you ever had a spiritual discipline or practice that you consistently did in your life? Or, do you have one now? If so, what was it? What did it look like in your life? Why did you stop? Or, how is it going?
3. What have you been taught when it comes to spiritual disciplines as commandments? Comer writes that spiritual disciplines are just practices in which Jesus says, "follow me." How does this change the way you view spiritual disciplines?

## Chapter 7: Silence and Solitude

1. On a scale of 1 to 10, with 10 being the best and one being the worst ... how good are you at being present in your life? With your friends? With your family? With your spouse? With God? Why did you give yourself this score? Is there room for improvement? If so, how can you be more present?
2. How have you thought about or experienced solitude in your life? Does Comer's writing on solitude challenge you? Do you agree with the statement on page 135 that silence and solitude may be the most important spiritual disciplines? Why or why not?
3. Comer shares consequences that we may experience when we do not practice silence and solitude. Have you ever experienced some of the things he listed starting on page 137?
4. What would it look like for you to add silence and solitude into your life this upcoming week? Challenge one another and hold one another accountable to try this spiritual discipline for the next week.

## CLOSING PRAYER

When your conversation is finished, take some time to close your group meeting in prayer. Give everyone a few minutes to share a prayer request. Then, have someone in your group close the group in prayer. After someone has lifted the group's prayer requests, read the following prayer aloud:

*In true prayer, although every silent moment remains the same,  
every moment is a new discovery of a new silence,  
a new penetration **into that eternity in which all things are always new.**  
We know, by fresh discovery, the deep reality that is our concrete existence here  
and now ...*

*When I am liberated by silence,  
when I am no longer involved in the measurement of life,  
but in the living of it,  
I can discover a form of prayer in which  
there is effectively, no distraction.  
My whole life becomes a prayer.  
My whole silence is full of prayer.  
The world of silence in which I am immersed contributes to my prayer.  
Let me seek, then, the gift of silence, ... and solitude,  
where **everything I touch is turned into prayer:**  
where the sky is my prayer,  
the birds are my prayer,  
**the wind in the trees is my prayer,**  
for God is all in all.  
Amen.*

—Thomas Merton

# Session 5:

## Spiritual Disciplines

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**PRE-READING:** Chapters 8-9

### OPENING PRAYER

Take a few minutes to open your group meeting in prayer. Thank God for joining you, ask him to guide your conversation, and request that he reveal his truth to you.



### VIDEO TEACHING

Visit [hopewdm.org/youtube](http://hopewdm.org/youtube) and watch the teaching video for this session.

**BIBLE READING:** Genesis 2:1-3 & Exodus 20:8-11

#### Read aloud:

*Thus, the heavens and the earth were completed in all their vast array.*

*By the seventh day God had finished the work he had been doing; so, on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done."*

*"Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore, the Lord blessed the Sabbath day and made it holy."*

### DISCUSSION QUESTIONS:

Read through and discuss the questions below with your group. Don't feel a need to get through all the questions. Instead, have group members share thoughts on whichever ones, and let the Spirit guide your conversation.

#### Follow-up question from last week:

1. Did you find time to practice silence and solitude this past week? What was your experience? Was it helpful to have an accountability partner?

#### Chapter 8: Sabbath

1. On page 146, Comer talks about human desires and God's desires. What are some things you desire for your life? What do you believe God desires for your life? Are there similarities in what you desire versus what you think God desires for your life? If so, what are they? What are some differences?

2. On page 149, Comer presents a list of restfulness and a list of restlessness. Which list do you most connect with? Why? What are some things from the opposite list that you desire, and how can you get there?
3. Sabbath is described as a gift for us from Creator to creation (page 152), a gift to enjoy and a gift to gratefully receive. What have you been taught about Sabbath? Does it line up with this description? What are your initial reactions to Comer's teaching on Sabbath?
4. In this chapter, Comer discusses Sabbath not only as rest and worship, but also as resistance. What were your feelings and your reactions to Comer's writing on resistance? On page 169, Comer writes, "What I really need is time to enjoy what I already have, with God." How would this statement look in your life?

### **Chapter 9: Simplicity**

1. On page 179, Comer shares the Gospel truth as "The good news is that the life you've always wanted is fully available to you right where you are through Jesus." Does this truth match what you have heard and been taught in your life? How is this different than what society teaches you?
2. What is your initial reaction upon hearing the words, "simple living," "frugality" and "minimalism"? How does John Mark Comer challenge your thoughts and beliefs on these words that represent a lifestyle? How does he support your thoughts and beliefs?
3. Starting on page 204, Comer presents 12 practices to engage in simplicity in your life. Do any of these practices stick out to you? Do any of them feel impossible? Are there any you can apply to your life today?

### **Concluding question:**

1. What would it look like for you to implement the teachings on Sabbath and/or simplicity in your life this upcoming week? Challenge one another and hold one another accountable to try this spiritual discipline for the next week. You can either use a different accountability partner or keep the same one.

### **CLOSING PRAYER**

When your conversation is finished, take some time to close your group meeting in prayer. Give everyone a few minutes to share a prayer request. Then, have someone in your group close the group in prayer. If you want, have someone open the prayer and another person close. Conclude with this prayer for the group:

*May God give you—and me—the courage, the wisdom, the strength always to hold the Kingdom of God as the number-one priority of our lives.*

*To do so, is to live in simplicity and to live in relationship as creation with our Creator.*

*Amen.*

*—Richard Foster*

# Session 6:

## A Quiet Life

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**PRE-READING:** Chapter 10 & Epilogue

### OPENING PRAYER

Take a few minutes to open your group meeting in prayer. Thank God for joining you, ask him to guide your conversation, and request that he reveal his truth to you.



### VIDEO TEACHING

Visit [hopewdm.org/youtube](http://hopewdm.org/youtube) and watch the teaching video for this session.

**BIBLE READING:** 1 Thessalonians 4:9-11

#### Read aloud:

*Now about your love for one another we do not need to write to you, for you yourselves have been taught by God to love each other. And in fact, you do love all of God's family throughout Macedonia. Yet we urge you, brothers, and sisters, to do so more and more, and to make it your ambition to lead a quiet life: You should mind your own business and work with your hands, just as we told you, so that your daily life may win the respect of outsiders and so that you will not be dependent on anybody.*

### DISCUSSION QUESTIONS:

Read through and discuss the questions below with your group. Don't feel a need to get through all the questions. Instead, have group members share thoughts on whichever ones, and let the Spirit guide your conversation.

#### Follow-up question from last week:

1. Did you find time to practice Sabbath and/or simplicity this past week? What was your experience? Was it helpful to have an accountability partner? How did you do as an accountability partner?

#### Chapter 10: Slowing

1. How do you feel about rules? Do you see them as a limitation or as a safety guard? On page 221, John Mark Comer says, "I've started to notice that anti-rule people are often anti-schedule people; and anti-schedule people frequently live in a way that is reactive, not proactive. As more passenger than driver, consumer than creator. Life happens to them, more than through them." What is your reaction to this statement? Does this speak true to your life?
2. The author shares a list of rules he has placed on his life. Are there any that you want to try in your own life? Are there any that you don't want to try? Share why and share how you may or may not implement these examples in your life.

3. What rules would you like to add in your life that may not have been shared throughout this book? What would it look like for you to make your own rule of life?
4. This does not have to be done in the group time but consider making a rule of life and sharing it with your group. This rule of life can be for a week, a month or the current season of life you're in. Set goals for what you would like to achieve with these rules and then keep a copy of it with you wherever you go. It may take time to implement these boundaries into your life, and it also may be trial and error for a while of what works in your life.

### **Epilogue: A Quiet Life**

1. This question was posed earlier in this book discussion but can be asked again after finishing the book: How would Jesus live if he were you? If Jesus had your job, your passions, your community ... how do you imagine his life would look? Does this look differently from yours?
2. What are your overall reactions to this book? Did you like it, or did you not like it? Do you feel convicted or encouraged? What parts were eye opening to you, if any? Are there parts that you disagree with? What will you take with you moving forward?

### **CLOSING PRAYER**

When your conversation is finished, take some time to close your group meeting in prayer. Give everyone a few minutes to share a prayer request. Then, have someone in your group close the group in prayer. If you want, have someone open the prayer and another person close. Conclude with this prayer:

*We give you thanks.*

*We praise your name on high, grateful that you are a God who saves.*

*The true God who is present, near us at every moment.*

*The one true God worthy of our worship and love.*

*Help us to breathe, O God, in this rush.*

*In and out, with deep inhaling and slow exhaling.*

*Let us sit in silence for a few moments each day, to listen, to slow down.*

*To be quiet.*

*For you guide us, O God, and we must learn to be silent and listen for your voice.*

*To listen for your direction.*

*Most of all, to enjoy you.*

*Teach us to slow down, to be present as we create memories and experiences.*

*To slow down and see all that you are and all that you are doing around us.*

*Teach us to enjoy you.*

*Amen*

*—Stephanie, The Daily Prayer Blog*











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