



New International Version is used for questions

1. What caught your attention most in this message? Why? Do you consider yourself a “busy” person?
2. What are the five ways hurry becomes a problem? Which one do you find yourself falling into when your life gets really busy? How can you tell when you’ve allowed yourself to get too busy? Read Luke 10:38-42. Which one of these five do you think was Martha’s problem?
3. Pastor Rick said that the first thing we must do to avoid the hurry trap is to abide before attempting to achieve. What did he mean? What three suggestions Pastor Rick gave to help us to abide? Can you think of any other things we could do?
4. Read Philippians 4:6 and Matthew 6:34. What do you think the connection is between what these verses say and obsessing over details? Pastor Rick gave three practical steps to take to avoid obsessing over details, what are they? Which one would help you most if you tend to have this problem? What could you do to remind yourself to do these when tempted to worry?
5. Read Philippians 3:13,14. What does Paul say the focus of his life is? What are the three things we can do in order to make sure we focus on what matters the most?
6. Have you ever had the experience of talking to someone and felt that they were not giving you their full attention? How did that make you feel? Have you ever done that to someone else? What three suggestions did Pastor Rick give to keep us from doing that to other people?
7. Read Mark 6:31. Do you have trouble finding time to rest in your schedule? What are three things Pastor Rick said we can do to build margin into our lives? Of the things mentioned in this sermon, what is one thing you can work on in the following week?

Answers

1. *Various answers.*
2. *The five ways are: a. I fill my life with activity but lose focus of what matters most; b. I rush through moments instead of being present in them; c. I carry stress instead of trusting God with the outcomes; d. I prioritize what feels urgent over the important; and e. I live distracted instead of connected.*
3. *To abide means to remain, to dwell and Christ uses it to refer to what our relationship is to be with Him—connected in a personal relationship. The three suggestions were: a. Spend time with God before checking my phone; b. Begin my day with scripture and prayer; and c. Prioritize being with Jesus before doing anything for Jesus.*
4. *When you obsess over details, you worry instead of trusting God. The three practical steps were: a. Ask myself what really matters in the moment; b. Turn my worries over to the Lord in prayer, and c. Don't allow details to distract me from relationships. One thing you could do to remind yourself is to train yourself to immediately pray when you sense you are beginning to worry.*
5. *The focus of Paul's life was to not let anything derail him from doing what God wanted him to do. The three things are: a. Evaluate our priorities regularly; b. Eliminate distractions from my priorities; and c. Elevate God and relationships to first on that list.*
6. *The three suggestions were: a. Shut off my phone during conversations; b. Practice single tasking instead of always trying to multitask; and c. Give people my full attention and look them in the eyes.*
7. *Read Mark 6:31. Do you have trouble finding time to rest in your schedule? What are three things Pastor Rick said we can do to build margin into our lives? Of the things mentioned in this sermon, what is one thing you can work on in the following week? The three things are: a. Build quiet moments in my day; b. Schedule time for relationship building and c. Leave space for God to interrupt my plans.*