

**Series: STAND ALONE**  
**Title: So Thirsty**  
**Speaker: Scott Moon**  
**Date: January 3, 2021**

1. Think of a time when you found out the hard way that "haste makes waste" and yes, tell the group about it.

Hurry sickness: *"a behavior pattern characterized by continual rushing and anxiousness; an overwhelming and continual sense of urgency. A malaise in which a person feels chronically short of time, and so tends to perform every task faster and to get flustered when encountering any kind of delay."*

2. How serious is hurry sickness today? Is it a problem for you? If it is, be as open as you can in describing it.
3. To choose to live an unhurried life these days is about as unusual taking a vow of poverty; it sounds scary and it's certainly unconventional. Jesus though, calls us to come to him, to learn from him and to follow his example of living an unhurried life. See John 4:13-15, Matthew 11:28-30, Luke 6:12, and Luke 6:40. How then, did Jesus practice slowing, the Sabbath, and the solitude and silence that Scott talked about?
4. From Luke 10:40-42 how did Martha show symptoms of hurry sickness? Why is Martha's sickness understandable? Jesus is inviting her and now us to slow down. How does Mary illustrate the slowing down? Why does slowing help?
5. Your opinion please: Which is the more likely danger?
  - a. that we will renounce our faith, or
  - b. that we will become so distracted, rushed and preoccupied that we will settle for a mediocre version of it?Why do you say that?
6. Pastor Scott noted, "In solitude and silence, we find deep rest, identify sin, refocus our attention on God, and experience greater personal connection with God." Where is a good place to practice solitude and silence? What would Sabbath-keeping look like for you? Of the four: slowing down, Sabbath keeping, practicing solitude and silence, which one will you commit to trying soon?

Recommended reading: John Mark Comer. [The Ruthless Elimination of Hurry](#)