



None of us can escape the constant demands and distractions that confront us. People. Technology. Kids. Expectations. It is relentless. How do we find a rhythm of health and rest in the midst of a busy and demanding world?

- Luke 10:38-42

REFLECT (10 Minutes)

How would you describe the effect of this week's sermon on you? Was there anything new or interesting that grabbed you from the teaching Sunday?

DIG DEEPER (20-30 Minutes)

How would you describe the level of hurry in your life? What impact is the hurry in your life having on your relationship with God and others?

Read aloud Luke 10:38-42.

What about this story jumped out to you on Sunday? For better or for worse...

We are often tempted to view Martha and Mary as having two personality types: Martha as the active busybody and Mary as the contemplative. But it seems Jesus is more interested in the choices they make in this particular moment. Martha chose to serve, while Mary chose to listen. What activities regularly tempt you away from those times of listening? What are the ways that you regularly listen to Jesus?

Too many of us are trying to serve God without listening to God. There will be time to serve, but listening to Jesus always takes precedence. *Why* do you think we're tempted to serve God without listening to God?

Slowing down is countercultural in our day. Describe the challenges you encounter in slowing down.

"We cannot love, think, eat, laugh or pray in a hurry". Looking back over the last week, what did you attempt to do in a hurry that can't be done in a hurry? When did you slow down and experience some of the blessings that come from slowing down?

RESPOND (10-15 Minutes)

Reflecting on your spiritual journey over the last year, when have you experienced growth and what has that looked like for you? Is there a connection between spiritual growth in your life and slowing down?

- Spend some time reflecting on our Sabbath practice for the month and how that is going or not going for everyone.
- Discuss simple ways you can begin to try out this practice. Start small.

PRAY (10 Minutes)

Take some time to pray for one another. Pray that God would help us as a community to slow down and learn the unforced rhythms of grace. Pray that we as a community would increasingly learn to live the way of Jesus and more fully partake in the life of God.

LEADER NOTES

These questions are a guide; feel free to use/exclude ones as people may have already answered the question or talked about the theme OR if your group takes a long time to tackle one particular theme it's ok to skip over questions in the interest of time/focus.