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In this series we will focus on learning the rhythms of effort and rest displayed in the Bible. Our goal is to better understand our own rhythms, why we do what we do and compare them with the rhythms proposed to us by God. We will highlight the many ways in which we adopt a hurried and hasty life in our efforts to pursue an unhurried, holy life that God invites into.

**Matthew 6:31-33 (NIV)** - 31So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32For the pagans run after all these things, and your heavenly Father knows that you need them. 33But seek first his kingdom and his righteousness, and all these things will be given to you as well.

### **THIS WEEK: Hurried and Unhurried, Holy and Unholy, Productivity and Laziness**

- **Not all hurry is unholy**
  - Holy Hurry:
    - Lot (Genesis 19:14)
    - Aaron (Numbers 16:46)
    - Abraham (Genesis 18:2)

"Urgent issues arise that require immediate attention and quick action. The problem is when we find ourselves living with a *constant sense of urgency*, and we get stuck there." Pg.39

- **Emergency calls for Urgency**
  - What constitutes an emergency? How do you determine it?

- **Not all Unhurry is Holy – when Unhurry is Unholy:**

**Proverbs 6:6-11 (NIV)** - 6Go to the ant, you sluggard; consider its ways and be wise! 7It has no commander, no overseer or ruler, 8yet it stores its provisions in summer and gathers its food at harvest. 9How long will you lie there, you sluggard? When will you get up from your sleep? 10A little sleep, a little slumber, a little folding of the hands to rest—11and poverty will come on you like a thief and scarcity like an armed man.

- **Acedia**
  - From Greek 'a' meaning "not" and 'keedos' meaning "to care" = "**don't care**"
  - Adjectives: apathy, boredom, lethargy or a **lack or failure of love**
- **Unresponsive – Unmotivated – Unwilling**
- **Unsure and Unable is not unwilling**

### **For Small Group Discussion:**

**Opening Questions:** How do you define an emergency? How would you define urgent but not an emergency? How would you define lazy? How would you define relaxed?

**Main Point:** God invites us to live intentionally with healthy rhythms of work and rest. It is up to us to learn what is healthy and what is not as defined by God and trust in his ways.

**Main Scripture:** Matthew 6:31-33

### **Head Questions**

- What stood out to you from the message? Explain.
- Based on the Matthew verses above, what often times causes us to chase after – hurry after – things in our lives?
- What do you find yourself hurry after?

### **Heart Questions**

- **Not all hurry is unholy.** What are some areas you could grow in Godly hurry?
- **Unhurry can be unholy.** What are some areas in your life that you are apathetic towards the things of God?

### **Hands Questions**

- What is one practical step you can take in reducing unholy hurry in your life?
- What is one practical step you can take in reducing unholy unhurry in your life?