



WORD OF LIFE CHURCH

SERMON DISCUSSION QUESTIONS

Practices for An Unhurried Life || Pastor Derek Vreeland || September 12, 2021

1. What is one of your favorite meals?
2. What is your current pace of life? Slow? Measured? Hurried? Chaotic? Something else?

Read Luke Matthew 11:28-30

3. Jesus' easy yoke and light burden allow us to live freely and lightly. Do the disciplines of slowing down and stillness come easy to you or do you have to work towards them?
4. What in your world makes things feel urgent?
5. Have you ever fallen into a pattern of hurriedness that caused you to miss out on important relationships?
6. Do you agree or disagree with the statement, "A rushed decision is almost always a wrong decision"?
7. Do you find it difficult to say "no"? Have you found yourself in the habit of over-committing your time and resources?
8. What has your balance between work and rest looked like these days?
9. Which of the fruit of the Spirit do you find the most challenging to practice? Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, or self-control?
10. Which practice of an unhurried life do you need to focus on?
 - 1) Flex your "no" muscle
 - 2) Unclutter your schedule
 - 3) Prioritize prayer
 - 4) Create balance between work and rest
 - 5) Practice the fruits of the Spirit