

HANGOUT

1. Discuss:
 - What stood out to you from the teaching? Why?
 - Would you say that you're laidback and relaxed or more frenetic and in a hurry?
 - How much time do you spend on your phone daily? Do you think it's an addiction for you?
 - When do you feel most relaxed or at a good pace? How often do you feel this way?

HEAR

2. Look up and read Luke 10:25-37.
3. Discuss:
 - Which verse or idea stands out to you? Why?
 - In verse 27, Jesus outlines the ways we must love God. Which actions or expressions of this love have you seen in other followers of Jesus? How does busyness interfere with your ability to love God in these ways?
 - What reasons did the Levite and the priest have for passing the injured man?
 - What reasons do you give to excuse yourself from helping others in desperate situations?
 - What changes might you need to make in your life to have the time and ability to "go and do likewise" as Jesus instructs?
4. Review the Take Out for ways we can follow Jesus in his spiritual practices (e.g., Sabbath, silence and solitude, simple living, slowing). Discuss what it would look like for the students to do them.

HUDDLE

5. Discuss:
 - Based on the list below, what's your default practice when you get too busy?
 - How do the things on this list impact your ability to be a thriving follower of Jesus?
 - Where do you need God's help in slowing down and breathing in deeply in your life?
6. Look up and read Matthew 11:28-30.
7. Pray for one another.

Signs you're moving too fast in life

- Irritability
- Hyper-sensitivity
- Restlessness
- Compulsive overworking
- Numbness
- Escapist behaviours (e.g., Netflix binging)
- Disconnection from identity/calling
- Unable to attend to human needs
- Hoarding energy
- Slippage in spiritual practices