

## **RUTHLESS ELIMINATION OF HURRY: FULL BOOK DISCUSSION GUIDE**

*This page offers questions for the entire book. It is meant to be used during a one-time book discussion.*

*Discuss the questions that seem to resonate with you the most.*

Questions based on guides created by Community Church, cchud.co.uk

1. Why might hurry stop us from becoming the person we want to become?
2. Why are hurry and love incompatible?
3. Are you convinced by the author's analysis of how the pace of life has increased and that there is an industry that is intentionally seeking to distract us and get us addicted?
4. How did you do with that list of the symptoms of hurry sickness? Any you relate to?
5. Why do you think that the ability to 'pay attention' is key to following Jesus and living a good life?
6. Read again about the various ways in which we are limited. Can you be honest about your limitations? How helpful do you find it to honestly face these limitations?
7. In what ways do you waste time, and what would it look like for you to 'live deliberately'?
8. How did Jesus manage to be busy but never hurried?
9. What would a trellis – a rule of life – look like for you?
10. Do JMC's definition of discipline and Dallas Willard's definition of spiritual discipline help you to understand and respond to the idea of spiritual disciplines?
11. Do you find yourself affected by 'digital distraction?' What else brings noise and distraction into your life?
12. In what ways do our human condition and our surrounding culture encourage a spirit of restlessness?
13. What would it look like for you to start getting really intentional about practicing Sabbath?
14. Are you aware of the gospel of consumption and can you identify ways in which you are affected by it?
15. What would it look like for you to start getting intentional about practicing simplicity?
16. Does it make it easier to approach the idea of spiritual discipline if we approach it 'gamefully'?
17. How might your life change if you start to apply these practices?
18. How do we 'inhabit the moment' and how do we live a quiet life and still be productive?

### **Moving Forward**

John Mark Comer produced a Workbook to accompany this book and you can find it here:

[www.pleasanthillchurch.com/books](http://www.pleasanthillchurch.com/books)