

**Prayer Concerns:**

**Frenzy**

Matthew 11: 28-30; varied texts

**The Problem:**

\_\_\_\_\_ - The continuous struggle and unremitting attempt to accomplish or achieve more and more things or participate in more and more events in less and less time.

**The Solution:**

1. \_\_\_\_\_
  
2. \_\_\_\_\_

**The Invitation to Rest:**

1. Give yourself to \_\_\_\_\_ and \_\_\_\_\_. [Matt. 14:13-23]
  
2. Say \_\_\_\_ to what is \_\_\_\_\_ to say \_\_\_\_ to what is \_\_\_\_\_. [Mk. 1:35-38]
  
3. Practice \_\_\_\_\_ [Mk. 2:27]
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_

## **Personal Study/Growth Group Discussion Questions**

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### **Getting Started:**

1. If your life was a boat, what type would it be in this current season? (Cruise ship, freighter, sailboat, pontoon boat, cigarette boat, battleship, sinking boat) Why?

### **Digging Deeper:**

#### **Read Matthew 11:28-30**

1. John Ortberg writes, “Hurry is the great enemy of spiritual life in our day. Hurry can destroy our souls. Hurry can keep us from living well.” How have you experienced the destructive power of hurry in your own life and soul?
2. What are some of the values and attitudes in our society that drive us to a hurried lifestyle?
3. Was there anything new that you learned about the yoke of Jesus on Sunday? How would he have described his yoke in the past? How might you describe it now? In what ways have you taken on his yoke? In what ways are you fighting it?

4. As you have studied the gospels, what rhythms do you see in the life of Jesus?
5. Read Mark 1:32-39 and Luke 5:15-16, what do you notice about Jesus? What can you learn about handling the demands on your life? In what ways does Jesus’ example help or free you?
6. Of the three “invitations to rest” in your study notes, which is most meaningful to you and why? Which do you struggle to put into practice the most? What reset needs to be made to align more with the way of Jesus?

### **Taking it Home:**

1. How can busyness cause you to settle for mediocrity in your faith rather than a deep experience of God’s presence and power?
2. If you have identified a high level of busyness in your life, what is it that is driving you to push so hard all the time? What are you trying to accomplish? Who are you trying to impress? Does God really ask you to do all that you are doing? If not, what needs to change?