

# REDEEMING YOUR TIME



## Sermon Outline

### Key verse

*Suppose one of you wants to build a tower. Won't you first sit down and estimate the cost to see if you have enough money to complete it? <sup>29</sup> For if you lay the foundation and are not able to finish it, everyone who sees it will ridicule you, <sup>30</sup> saying, "This person began to build and wasn't able to finish." Luke 14:28-30*

### Three steps to eliminating hurry

#### 1. Simplify

*"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. <sup>17</sup> But when you fast, put oil on your head and wash your face, <sup>18</sup> so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you. Matthew 6:16-18*

Matthew 6:16-18

#### 2. Schedule

*There is a time for everything, and a season for every activity under the heavens.*

Ecclesiastes 3:1

#### 3. Slow down

*Very early in the morning, while it was still dark, Jesus got up, left the house, and went off to a solitary place, where he prayed.*

Mark 1:35

## ELIMINATE HURRY

## DISCUSSION GUIDE FEBRUARY 4

### Opening Thought

Our lives tend to be swamped. We scurry from one task to another at a frenetic pace. But there is a better way. The way of Jesus was productive, yet unhurried. He was open to interruption, relaxed, and present. He operated out of a place of fullness from spending time with God the Father. Are we willing to walk in his ways and eliminate hurry from our lives?

### Ice breakers

- What (if any) are you planning to fast this year during the Lenten season?
- Are you experiencing the effects of hurry sickness? (Chronically feeling short on time) In what ways are they affecting your physical and spiritual well-being?

### Dig Deeper

- Read Luke 10:38–42. In this passage, Martha was distracted by all the preparations while Mary took advantage of her time by sitting with Jesus. It is easy to be like Martha, annoyed with Mary. After all, there are a lot of chores and responsibilities in our lives that can't be neglected. But, in this story, Jesus wants to teach us what is most important in our lives: spending time with him. Do Mary's actions bother you? If so, why?
- Think about our cultural tendency to value a busy schedule and devalue a slow one. In what ways do you see this tendency in your own life? What voices, within or without, keep you hurried?
- In what ways have you seen busyness negatively impact your relationship with God?
- What is one thing in 2024 that you are feeling called to do as a way of moving toward an unhurried life?
- What stood out to you from today's sermon?

### Closing

We live with a hustle mentality—from jam-packed schedules, workaholicism, and addiction to our phones, our lives are filled to the brim every moment of the day. To follow the way of Christ, we must redeem the time by eliminating hurry from our lives and finding the rhythm that he has for us. Ask the Lord to give you wisdom as you choose where to spend your time this week.