



Week 1: There's A Better Way: Abiding with Christ Helps Us Fight Hurry Sickness

Discussion Questions

1. What's your relationship with your to-do list? Love it or hate it? Why?
2. Do you feel like you ever finish everything on your list? Or do you feel like you're constantly playing catch-up?

Read John 15:5

3. What does "remaining in Jesus" mean? How do we do that?
4. How does "practicing the pause" help you remain in Jesus?
5. Do you find it difficult to practice the pause? Why or why not?

Read Galatians 5:22–23

6. Jesus said that when we remain in him, we will produce much fruit. How have you seen this play out in your life?
7. What steps are you going to take to remain in Jesus this week?

Moving Forward

A Prayer for This Week: *God, help me walk slowly enough to experience Jesus fully and to love people deeply.*