

Slowing | Week 2

Introduction

"People nowadays take time far more seriously than eternity" - Thomas Kelly

No one matures in a hurry. Maturity and real change will take time. A piece of coal is formed into a diamond through time and pressure. There is a process to that metamorphosis. God is working on you and me too. In order to join him in that work we must slow down and eliminate the constant hurry and distraction in our lives. Training in the practice of slowing helps the supernatural process of being made into the image of Jesus.

Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. Romans 12:2 (NIV)

Conversation Starters (15 minutes)

Have you ever seen Zootopia? There is a scene where they highlight an area of society that is notoriously slow...The DMV! Watch this clip from the movie [DMV Scene](#)

1. Are you fast-paced (go-go-go) or do you take the time to “smell the roses”?
2. Who in your life is good at taking the time to slow down and smell the roses?

Sermon Notes Review (15 minutes)

What caught your attention, challenged, or impacted you from this weekend's message?

[Watch the Video](#) (5 minutes)

Group Discussion (25 minutes)

1. What are you going to do to intentionally slow things down in your heart and mind?
2. Read [Ecclesiastes 4:6](#)
 - a. Do you find yourself trying to “multi-task”? If so, is it something that you wear as a badge of honor?
 - b. Does multi-tasking bring you more peace or more stress?
3. Read [Luke 10:25-37](#)
 - a. Being in a hurry doesn't only stunt our growth, but it limits our impact. Which of the three men passing by was able to practice slowing and make a bigger impact?
 - b. Have you ever slowed down to help another? Have you ever not slowed down to help another because you were “too busy?” How did those experiences make you feel?

4. What unhealthy or unnecessary things could you give up in your daily life to create more time for slowing?
5. Are there any things in your life that you are rushing through unnecessarily? What are those things?

Group Activity (20 minutes)

Challenge: Do something this week that will intentionally cause you to slow down. Pick one from the list or use your own example. Here are some examples

- a. Stay in the slow lane of traffic and don't pass anyone
- b. Find the longest line at the grocery store and stay in that line (even let someone go in front of you)
- c. Instead of using a Drive Thru, go inside and place your order

What are you going to do to intentionally slow things down in your heart and in your mind?

Take 5 minutes to reflect and write down one activity that you can commit to doing to intentionally slow down your heart and mind. Share with your group, and then, throughout the week text each other how it is going and share how it has been impactful.

Prayer (5 minutes)

During prayer today go around the circle and have each person share one of the following three things.

1. Something you can praise God for. (Something you are thankful for)
2. Something to ask God for. (Something you need or want)
3. Something you need to seek God's will in. (Something you need guidance in)

Then each person pray for what the person to the right of you shared going around in a circle and closing with the last person.

Announcements (5 minutes)

- If you have said Yes to Jesus but have never been baptized, then baptism is your next step in following Jesus, and we want to invite you to take that step. Our next baptism is on February 22nd and 23rd. [Register at baptism.sv.cc](http://baptism.sv.cc).