

Escaping the Hurry Trap

August 29 & 30

THE
HURRY
PROBLEM

Remember:

Hurry is not just a schedule problem, it's a _____ problem.

Luke 10:38-42 (NLT)

As Jesus and the disciples continued on their way to Jerusalem, they came to a certain village where a woman named Martha welcomed him into her home. Her sister, Mary, sat at the Lord's feet, listening to what he taught. But Martha was distracted by the big dinner she was preparing. She came to Jesus and said, "Lord, doesn't it seem unfair to you that my sister just sits here while I do all the work? Tell her to come and help me." But the Lord said to her, "My dear Martha, you are worried and upset over all these details! There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her."

Five Ways Hurry Becomes a Problem:

- When I fill my life with _____ but lose focus of what matters most.
- When I rush through moments instead of being _____ in them.
- When I carry stress instead of _____ God with the outcomes.
- When I prioritize what feels _____ over what is actually important.
- When I live distracted instead of _____.

Five Ways to Escape the Hurry Trap:

When I

1

_____ before attempting to achieve.

Luke 10:39 (NLT)

Her sister, Mary, sat at the Lord's feet, listening to what he taught.

Remember:

Mary's answer to the hurry trap wasn't better time management.

It was greater _____.

John 15:5b (NRSV)

Those who abide in me and I in them bear much fruit, because apart from me you can do nothing.

Psalm 27:4 (NLT)

The one thing I ask of the Lord—the thing I seek most—is to live in the house of the Lord all the days of my life, delighting in the Lord’s perfections and meditating in his Temple.

Three Critical Practices to Abiding:

- _____ time with God before checking my phone.
- _____ my day with scripture and prayer.
- _____ being *with* Jesus before doing anything *for* Jesus.

2 _____ obsessing over every detail.

Luke 10:41-42 (NLT)

But the Lord said to her, “My dear Martha, you are worried and upset over all these details! There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.”

Reminder:

I can get so focused on everything that needs to get done that I _____ of the one I’m doing it for.

Philippians 4:6 (NLT)

Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.

Matthew 6:34 (NLT)

“So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.”

Three Practical Steps to Stop Obsessing over Every Detail:

- Ask myself what really _____ in the moment.
- Turn my _____ over to the Lord in prayer.
- Don’t allow details to _____ me from relationships.

3 _____ on the “one thing” that matters most.

Luke 10:42 (NLT)

“There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.”

Philippians 3:13-14 (NLT)

No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.

Matthew 6:33 (NLT)

Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

Three Ways to Focus on What Matters Most:

- _____ my priorities regularly.
- _____ distractions from my priorities.
- _____ God and relationships to first on the list.

4 _____ fully present.

Luke 10:39 (NLT)

Her sister, Mary, sat at the Lord's feet, listening to what he taught.

Psalms 90:12 (GNT)

Teach us how short our life is, so that we may become wise.

Ecclesiastes 3:1 (NLT)

For everything there is a season, a time for every activity under heaven.

Three Keys to be Fully Present:

- _____ my phone off during conversations.
- Practice _____ instead of always multitasking.
- _____ people my full attention and look them in the eyes.

5 _____ margin for connection today.

Luke 10:41-42 (GNT)

The Lord answered her, "Martha, Martha! You are worried and troubled over so many things, but just one is needed. Mary has chosen the right thing, and it will not be taken away from her."

Psalms 46:10 (NLT)

"Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world."

Mark 6:31 (NLT)

Then Jesus said, "Let's go off by ourselves to a quiet place and rest awhile." He said this because there were so many people coming and going that Jesus and his apostles didn't even have time to eat.

Remember:

The greatest casualty of hurry is _____.

Exodus 20:8 (NLT)

Remember to observe the Sabbath day by keeping it holy.

How to Live with Margin:

- _____ quiet moments in my day.
- _____ time for relationship building.
- _____ space for God to interrupt my plans.

Matthew 11:28-30 (NLT)

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."

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