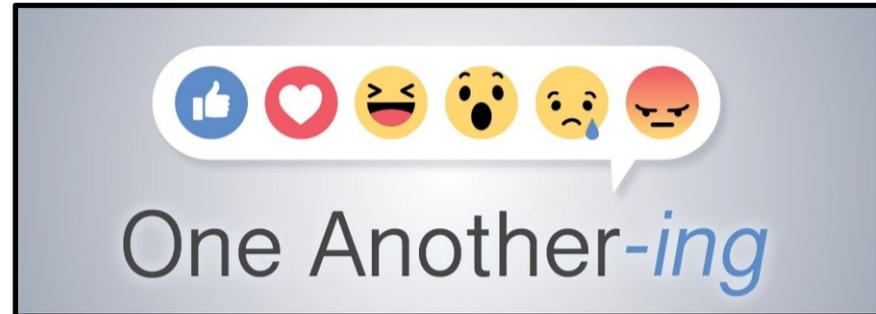


Table Instructions:

*Catching up
with one another
at your table:*



1. By all means, have regular conversation, BUT ALSO...
2. Answer: Are you reading or listening to the book
The Ruthless Elimination of Hurry by J.M. Comer?
(No worries either way, but if yes then share an
observation about the book).
3. Where are your quiet places?
4. How often do you get there? Does it feel like it's enough?

INVOCATION

OUR DEVOTION TIME *“I Come to the Garden”*

I come to our time Lord alone
While the dew of the morning still lingers
It's Your voice I yearn in my heart to hear
“Oh child of Mine, I love you”

Oh Lord walk with Me come and talk with me
(come) and tell me I am Your own
Let the joy we share as we tarry here
Be joy like none other I've known

You speak and the sound of Your voice
Is so sweet (that) my spirit is singing
And the melody that You gave to me
Within my heart is ringing

Oh Lord walk with me come and talk with me
(come) and tell me I am Your own
Let the joy we share as we tarry here
Be joy Lord that others can know

I'd stay in this time Lord with You
But the day before us is calling
As You bid me “go” I hear You say “follow”
The way that I am leading

Oh child walk with Me come and talk with me
(come) and tell me I am Your own
Let the joy we share as we go out there
Be joy you bring others to know

We believe in you as you go out there
To do all we called you to do – we are with you.

DISCUSSION (see sheet)

OFFERING SONG *“In the Secret”*

In the secret, in the quiet place,
in the stillness, You are there.
In the secret, in the quiet hour I wait,
Only for You, 'cause I want to know You more;

I want to know You, I want to hear Your voice
I want to know You more.
I want to touch You, I want to see Your face
I want to know You more.

I am reaching for the highest goal,
that I might receive the prize.
Pressing onward, pushing ev'ry hindrance aside,
Out of my way, 'cause I want to know You more.

I want to know You, I want to hear Your voice
I want to know You more.
I want to touch You, I want to see Your face
I want to know You more.

PRAYERS

THE LORD'S PRAYER

**Our Father who art in heaven Hallowed be Thy name
Thy kingdom come, Thy will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our trespasses
as we forgive those who trespass against us
Lead us not into temptation,
But deliver us from evil
For Thine is the kingdom, and the power,
and the glory forever and ever, Amen.**

BENEDICTION

Pastor: The LORD bless you and keep you;
the LORD make his face shine on you
and be gracious to you;
the LORD turn his face toward you
and give you peace.

People: Amen.



Micro-Group (MG) Moment: Considering "The value of a Quiet Place" within the context of our Small and Micro-Groups:

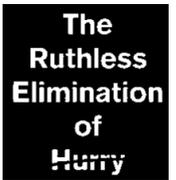
Opening conversation (tent cards on tables):

"The quiet place wasn't a one-time thing. It was an ongoing part of [Jesus'] life rhythm."

~ J.M. Comer, p. 126 *The Ruthless Elimination of Hurry*

- Where are your quiet places?
- How often do you get there? Does it feel like it's enough?

Leader: Let's discuss some quotes from our Lenten book *The Ruthless Elimination of Hurry* by J.M. Comer: *(Have someone read)*



In Luke's gospel in particular you can chart Jesus' life along two axis points: the busier and more in demand and famous Jesus became, and the *more* he withdrew to his quiet place to pray. Usually for us it's the exact opposite. When we get over-busy and life is hectic and people are vying for our time, the quiet place is the first thing to go *rather than our first go to*.

J.M. Comer, *The Ruthless Elimination of Hurry*, p. 130

- What are your life-giving or energy-renewing activities in life? Daily? Weekly? Annually? (think: Prayer, devotions, exercise, beach, vacation, nature, gardening, reading, cooking, puzzles)
- In the above description, are you more *like* or *unlike* Jesus when you get "over-busy"?



Have you ever read that line – "Jesus was led by the spirit into the desert to be tempted by the devil"– and thought to yourself, what's up with that?... The wilderness isn't the place of weakness; it's the place of strength. Jesus was led by the Spirit into the wilderness because it was there, and only there, that Jesus was at the height of his spiritual powers. It was only after a month-and-a-half of prayer and fasting in the quiet place that he had the capacity to take on the Devil himself and walk away unscathed. That's why, over and over again, you see Jesus come back to the *eremos* (Greek word for wilderness).

J.M. Comer, *The Ruthless Elimination of Hurry*, pp. 124, 125

- After engaging in your life-giving activities noted earlier, do you find yourself equipped with spiritual strength akin to Jesus' desert experience? *Describe the reason for your answer.*
- Jesus' escape activities rejuvenated Him. Make a list of your escape activities based on whether they rejuvenate you (add TV, Netflix, Facebook, Twitter, YouTube, Reading, eating, etc.):

Rejuvenating

Not so much



**The
Ruthless
Elimination
of
Hurry**

Nouwen once asked Mother Teresa for spiritual direction. He was dealing with a number of problems in his soul and sought her wisdom...You know what she said?

Well, when you spend one hour a day adoring your Lord and never do anything which you know is wrong... You will be fine!

So, so simple. Two very straightforward practices. Just take an hour a day to enjoy God. Oh, and don't do anything you know is wrong. So before you write me off and go back to your noisy life – and, I might add before you write off Mother Teresa, Henri Nouwen and *Jesus*, who hopefully carry more weight than yours truly – just think about what's at stake. When we don't practice this Jesus soul habit, we reap the consequences:

- We feel distant from God and end up living off someone else's spirituality
- We feel distant from ourselves
- We feel an undercurrent of anxiety that rarely if ever goes away
- We get exhausted
- We return to our escapes of choice
- We become easy prey for the tempter
- Emotional unhealth sets in.

If you can practice this Jesus soul habit described by Mother Teresa to Henri Nouwen, these are signs and symptoms of a life with silence and solitude.

- We find our quiet places and “come away”
- We take our time with God
- We slow down
- We start to feel
- We face the good, the bad and the ugly in our hearts.
- In our ears we sense his voice cutting through the cacophony of all other voices. (adapted)

J.M. Comer, *The Ruthless Elimination of Hurry*, pp. 136-139

- Go through the bullet points above and highlight those that relate to your current situation.
- What Jesus-y soul habit(s) could you start or refine this week?

- Who could help by holding you accountable for acting on it?

**The
Ruthless
Elimination
of
Hurry**

Notice, Jesus came out of the wilderness with all sorts of clarity about his identity and calling. He was grounded. Centered. In touch with God and himself. From that place of emotional equilibrium and spiritual succor, he knew precisely what to say yes to and, just as importantly, what to say no to. Hence: as the gospels go on, you quickly realize the quiet place was top priority for Jesus.

J.M. Comer, *The Ruthless Elimination of Hurry*, pp. 126, 127

Build (and pray) a prayer asking Jesus to

- help you become more like Him
- strengthen and protect your rejuvenating quiet time
- deepen your identity in Him
- give you clarity about your calling as His disciple/apprentice
- keep you in touch with and centered on God
- build emotional stability in you
- grant you spiritual aid at all times
- help you discern godly “yes” and “no” decisions