

WEEK FIVE:
SIMPLIFY
& SLOW
DOWN



It is almost impossible to be happy while in a hurry.

- Our hurried pace is often tied to materialism or vanity.
- The irony is that we are in a hurry to become happy.
- The good news of the world is “The more you have the happier you’ll be.”
- God made us to be happy; however, sin has broken us and disordered our desires.

SERIES BIG IDEA:

Waste the haste: learn Jesus’ unforced rhythms of life.

Waste the haste challenge: Breathe.

- **Daily:** Read and pray scripture.
- **Weekly:** Sabbath with the Body of Christ.
- **Weekly:** Have a meaningful face-to-face conversation with a friend or group of friends.

Jesus lived a simple life.

¹⁹ Then a teacher of the law came to him and said, “Teacher, I will follow you wherever you go.” ²⁰ Jesus replied, “Foxes have dens and birds have nests, but the Son of Man has no place to lay his head.”

Matthew 8:19-20 (NIV)

⁸ These were his instructions: “Take nothing for the journey except a staff—no bread, no bag, no money in your belts. ⁹ Wear sandals but not an extra shirt.

Mark 6:8-9 (NIV)

Jesus taught that life is simply serving God who abundantly provides, not pursuing abundance.

You cannot serve both God and money.

Matthew 6:24 (NIV)

“Watch out! Be on your guard against all kinds of greed; life does not consist in an abundance of possessions.”

Luke 12:15 (NIV)

Jesus resisted the demand to hurry.

I need self-discipline and self-control to resist hurry.

Self-discipline is saying yes to the right things. Self-control is saying no to the wrong things.

TEACHING BIG IDEA:

Simplify and slow down by identifying to whom I am saying “yes” so I can discern to what I say “no.”

Self-discipline is the result of knowing who I am saying “yes” to.

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

2 Timothy 1:7 (NIV)

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Saying "yes" to God does not mean ignoring what I need.

Self-control is the result of knowing what to say no to.

²² But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control.
Galatians 5:22-23 (NIV)

Self-control is saying no to my greed.

²³ Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me. ²⁴ For whoever wants to save their life will lose it, but whoever loses their life for me will save it. ²⁵ What good is it for someone to gain the whole world, and yet lose or forfeit their very self

Luke 9:23-25 (NIV)



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TEACHING SUMMARY:

It's never surprising to hear someone reminisce about the simplicity of years ago. The world around us seems to be speeding up and never seems to slow down.

We live in a world that pushes us past our limits, driving us to commit to more and strive for more. Even when we internally know that simple is what our heart strives for, we rarely take a break or slow down.

Simplifying and slowing down requires self-discipline and self-control. Both requires the power of the Holy Spirit inside of us. When we submit to Jesus as Lord and fix our eyes on following Him, the Holy Spirit will give us the power to have self-discipline and self-control.

Saying "yes" to Jesus will empower you to say "no" to the things that lead to misery and despair. Saying yes to Jesus will lead to a truly gratifying life that leaves you happy.

Embrace the rhythms of self-discipline and self-control to experience to happy and fulfilling life Jesus wants to give you.

TALK-IT-OVER:

In what areas of your life do you see the pursuit of happiness causing you to fall into the trap of hurry?

What do you need to say no to in order to say yes to Jesus?

How does following Jesus help you say no to the trap of hurry?

What next step do you need to take today?

Who do you need to tell about what you've learned?

DAILY SCRIPTURE READING:

Day 1) Proverbs 16:1-3,5,17,32

Day 2) 2 Timothy 1:6-8

Day 3) 2 Timothy 2:1-4

Day 4) 1 Corinthians 9:24-25

Day 5) Matthew 6:24-34

Day 6) Proverbs 25:27-28