



Part 3: The Seduction of Hurry

September 27, 2026



CONVERSATION GUIDE



SMALL GROUPS

Throughout our ***Simplify*** journey, we've learned to make room for what truly matters and to recognize that having more can never satisfy what only God can fill. But simplifying also requires us to pay attention to the pace at which we live. We can eliminate distractions and still move through life with so much hurry that we leave little room to hear from God. This week, we discovered that simplifying also means learning to live at the Father's tempo.

In **Mark 1:35–39**, Jesus gets up early in the morning to pray. When His disciples find Him, they tell Him that everyone is looking for Him; yet Jesus doesn't allow that demand to determine His direction. After spending time with the Father, He knows where He needs to go and continues His mission. His example shows us that living with purpose doesn't mean immediately responding to every urgency. Communion with God orders our priorities and helps us move from His direction rather than from pressure.

Before daybreak the next morning, Jesus got up and went out to an isolated place to pray. Later Simon and the others went out to find him. When they found him, they said, "Everyone is looking for you." But Jesus replied, "We must go on to other towns as well, and I will preach to them, too. That is why I came." So he traveled throughout the region of Galilee, preaching in the synagogues and casting out demons.

Mark 1:35-39 (NLT)



LET'S TALK ABOUT IT

1. What does the way Jesus responds reveal about the relationship between communion with the Father and direction for each day?

2. **Isaiah 30:15** shows God calling His people to return to Him, rest, and trust. When does hurry make it harder for you to trust God or recognize His direction?
2. What tends to govern your pace most easily: urgency, other people's expectations, the desire to accomplish more, or trust in God? What would need to change for pressure to stop setting your pace?

Hurry is cured by following the Father's tempo.

MAKE IT PRACTICAL

This week, make room to move at the Father's tempo:

1. **Start at the Father's tempo.** Before stepping into the demands of the day, set aside a few minutes without your phone, messages, to-do list, or other distractions to spend time with God.
2. **Return to the Father's tempo.** Choose one or two moments in the middle of your day to stop. Identify what is causing you to rush, be still, pray briefly, and refocus your attention.
3. **Finish at the Father's tempo.** Before going to sleep, acknowledge what remains unfinished and choose to let it go until tomorrow. Allow resting in God to become part of your rhythm.

PRAYER

"Father, thank You that we don't have to live controlled by hurry. Jesus shows us that we can seek You in the midst of life's demands and receive direction for what truly matters. Help us recognize when urgency is setting our pace, and teach us to return to Your tempo. This week, give us wisdom to make room for You. Amen."

TIPS

- **Living at God's tempo** doesn't mean ignoring our responsibilities, but responding to them while allowing our communion with the Lord to guide what is happening within us.
- **If you fall back into hurry this week**, don't turn it into another reason to put pressure on yourself. Recognize it and realign your pace.
- **Simplifying is an ongoing practice.** Over time, following the Father's tempo can shape in us a life that is less controlled by pressure and more attentive to His direction.



Recommended Book
"simplify."

<https://a.co/d/0j3c07ej>

