

## MENS LIFE BLOOMINGTON

Tuesday, Month 00, 2025

# Ruthless Elimination of Hurry | Overview and Introduction

Overview Video: [https://www.youtube.com/watch?v=B\\_LKVIh-hZc](https://www.youtube.com/watch?v=B_LKVIh-hZc)

**Interview:** Alex Maher and Jeff Mahrt share the story about why this book.

## *Problem*

John Mark Comer starts his book *Ruthless Elimination of Hurry* with his own personal story about how, being a mega-church pastor, he was finding himself moving at a faster and faster pace every year, all the while becoming a person more irritable, more distracted, more frantic, and less like Jesus. He started to ask questions like: "Who am I becoming?" and "Why am I in such a rush to become someone I don't like?"

**Contemplate this Question:** Have you ever stopped to think about what kind of person you are becoming? If so, how did you do that? What was that process like?

John Mark acknowledges that most of us "are just too busy to have emotionally & spiritually healthy lives" and that we are "distracting ourselves into spiritual oblivion". The information age of streaming services, smart phones, and social media puts us in the middle of a corporate "arms race for people's attention".

Comer gives a lot of startling statistics about rest, pace, and distractions including:

- Before Edison's light bulb, historians believe the average person slept 11 hours a night.
- People are sleeping 2.5 hours less per night than just 100 years ago.
- The average American works four more weeks per year than in 1979.
- As recent as the 1950's essentially all American businesses were closed one day a week (Sundays).
- The average iPhone user touches their phone 2617 times a day.
- Studies demonstrate that simply being in the same room as your phone has a negative effect on ability to focus on tasks.
- 39% of Americans feel more anxious than they did one year ago.

## *Solution*

John Mark defines that the idea of "hurry sickness" and how we are living our lives is such a way that we never are able to have a chance to slow down. Or we try to slow down and life's many responsibilities get in the way. Here are some of his ideas that he shares throughout the book to solve some of this hurry:

- Literally slowing down (driving the speed limit, not walking so fast, not trying to race through books or listen to podcasts on 1.5x speed, etc.)
- Intentionally setting time for Sabbath: this could include even just an hour per day where you stay off your phone, don't spend time working, stay off the tv, etc.
- Savor the little things in life.

John Mark goes into much more detail throughout the book, but these are just some general starting points to get some thoughts going.

## *Discussion Questions*

- Which of these statistics above jumps off the page most for you personally and why?
- What does hurriedness look like for you? How does hurry effect you?
- Is there a part of your life that you could physically slow down this afternoon? Do you have examples of where you intentionally practiced physically slowing down?
- What has been your experience with taking intentional time each day to sit down and spend time with God?
- Is there something in your life right now (physical or spiritual) that frustrates you because it is moving too slow? Is there a reason or a purpose to this speed?
- What are some things you can identify that you may need to say “no” to slow down your life?
- The book opens with quoting Matthew 11: 28-30. What does this verse and our brief discussion say to you about what you can expect from going through this book? In what ways are you looking forward to our time together?

### **Matthew 11:28-30**

Come to me all you who are weary and burdened and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light. *NIV*

Then Jesus said to the people, “Come to me, all of you mob that are tired. You did a lot of ceremony things to get God to save you, but that is not the right way. It’s like you worked hard, and you carried a lot of heavy things, and then you got too tired. Look, instead of that, just come and work for me, and I will let you rest really good. *Plain English Version*

Are you weary, carrying a heavy burden? Come to me. I will refresh your life, for I am your oasis. Simply join your life with mine. Learn my ways and you’ll discover that I’m gentle, humble, easy to please. You will find refreshment and rest in me. For all that I require of you will be pleasant and easy to bear. *The Passion Translation*

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.” *NLT*