

FEB 26-MARCH 4: READ INTRO + CHAPTER 1.

Optional podcast: <https://practicthewayarchives.org/teaching/the-ruthless-elimination-of-hurry>

After reading the intro and chapter one, be prepared to answer the following questions with your small group:

Which unhealthy spirituality symptoms do you resonate with?

What challenges keep you from slowing down your life to be with God?

How might brokenness or weakness in your life today present an opportunity for God's power to be demonstrated?

What is one step you can take today to slow down and live more attentively to the voice of Jesus?

NOTES: _____

