



INSIDE OUT.

HURRY

INSIDE OUT REFLECTION AND RESOURCES

WEEK 4: HURRY

Scripture:

“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.”

MATTHEW 11:28-29

Reflection:

- If someone looked at your schedule, what would they say are your top 3 priorities?
- Are there any distractions or burdens that you’ve been holding onto that you need to surrender to God?
- How could you make your relationship with Jesus more of a priority in your life right now?

Prayer:

Spend some time in silent prayer with God. You can use the PRAY acronym below to guide you.

- **P: Praise** - Spend some time thanking God for who He is in your life.
- **R: Real life** - Spend some time engaging God about your real needs and concerns.
- **A: Ask** - Ask for God’s provision, love, and power to be made known to people in your life.
- **Y: Your will** - Spend some time being silent and listening for God’s direction.

“Father, I admit that I am often busy and distracted with so many things that I forget the most important things—my relationship with You and the people You’ve trusted me to love. Forgive me for trying to do life on my own and for seeking my agenda over Yours. I need Your help to carry my burdens, to set my priorities, and to live a life that is truly at peace. Help me to slow down, to listen to You and to follow your guidance. I want to experience more of the abundant life that You want for me to live.”

Resources for Conversation and Further Study:

- [For Family discussion and prayer](#)
- [A 40-day devotional on resiliency](#)



INSIDE OUT. HURRY

INSIDE OUT REFLECTION AND RESOURCES

BOOKS, ARTICLES, AND ADDITIONAL RESOURCES ON HURRY:

- [The Ruthless Elimination of Hurry](#), John Mark Comer
- [Running on Empty](#), Fil Anderson
- [Emotionally Healthy Spirituality](#), Pete Scazzero
- [Recovering a life of REST](#)- a resource to help you set priorities

MENTAL AND EMOTIONAL HEALTH RESOURCES

Right Now Media Video Resources:

- [Free membership from Hope](#)
 - o Mental Health, Dr. Jeff Baker
 - o Facing and Overcoming Anxiety, Jonathan Pokluda
 - o Changes that Heal, Henry Cloud
 - o Free of Me, Sharon Miller
 - o Steps to Freedom in Christ, Neil Anderson