

Discussion Guide: *The Ruthless Elimination of Hurry*, by John Mark Comer.

Part 3

Read:

Chapter 3: Hint, the solution isn't more time; and Chapter 4: The secret of the easy yoke.

Review, Reflect and Discuss

Feel free to comment and raise any questions that occur to you as you read. Don't be limited to the questions listed after each summary, but they might help to prime your thinking.

Chapter 3 – JMC argues that the solution to hurry sickness is not more time but rather to 'slow down and simplify around what really matters.' Created in God's image but from dust, we have both potential and limitation. We generally don't like facing our limitations but JMC lists the various areas in which we are limited. The main one is time. So we have to make choices and say no to certain things. In other words, to 'live deliberately'. We should, then, honestly recognise how we waste a lot of time and determine to live deliberately? We do this by learning to follow Jesus.

1. *Read again about the various ways in which we are limited. Can you be honest about your limitations? How helpful do you find it to honestly face these limitations?*
2. *In what ways do you waste time?*
3. *What would it look like for you to 'live deliberately'?*

Chapter 3 – the author sets out to examine what the way of Jesus might have to say about this epidemic of hurry. He explains what is meant by a 'yoke' in relation to Jesus as a rabbi (teacher) in his day. Jesus claimed that his yoke was 'easy.' To be an apprentice of Jesus, to take his yoke, is to organise our life around 3 goals: to be with Jesus, become like him, and do what he would do. Taking his easy yoke enables us to bear the weight of life and to find rest and healing for our souls. To experience the life of Jesus we have to adopt the lifestyle practices of Jesus – his way of life. Life is hard and Jesus does not offer us an escape from this reality but he offers a new way to bear the weight of it – not an easy life, but an easy yoke.

4. *What would it mean for you to organise your life around the 3 goals that JMS mentions?*
5. *In what way is life hard, and in what way can bearing the yoke of Jesus be experienced as easy? Is this how you have experienced it?*

Next

Read **Chapter 5** about **the rule of life** and what he calls an **Intermission** about **spiritual disciplines**.