

## **Into the Deep- Week 5 Small Group Questions**

### **Ask:**

1. Do you feel like your life is too busy? Why is that? What prevents you from allowing yourself to slow down?
2. Dallas Willard says, "Hurry is the greatest enemy of spiritual life in our day. You must ruthlessly eliminate hurry from your life." Do you agree? What would it look like to eliminate hurry from your schedule?
3. Do you believe that your hurried life is causing you to have mediocre faith?
4. How much does FOMO (fear of missing out) drive your schedule?

### **Read:**

Luke 10:38-40a, As Jesus and the disciples continued on their way to Jerusalem, they came to a certain village where a woman named Martha welcomed him into her home. Her sister, Mary, sat at the Lord's feet, listening to what he taught. But Martha was distracted by the big dinner she was preparing.

### **Ask:**

1. Martha was doing a good thing by preparing dinner, but how was her good thing causing her to miss out on a better thing?
2. What are some good things in your life that might be causing you to miss out on some of the better spiritual things? Have those good things become gods in your life?

"God's are not always physical idols that we bow down to in worship. I think we let ourselves off the hook too easily when we talk about idols or gods that way. Gods in our lives are activities, relationships, accomplishments, or anything that distracts us from what's most important. More often than not, the devil is not trying to destroy us with a major moral failure; he's trying to distract us with something less important than Christ. If the devil can keep us distracted, he can get us disconnected. Activity is often the enemy of intimacy." Pastor Jeff

### **Read:**

Luke 10:40b-42, She came to Jesus and said, "Lord, doesn't it seem unfair to you that my sister just sits here while I do all the work? Tell her to come and help me." But the Lord said to her, "My dear Martha, you are worried and upset over all

these details! There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.”

**Ask:**

1. Do you believe God is in control of the details of our lives? Do our hurried lives prove that we don't trust God enough?
2. What are the “details” of our lives that we should give over to God?

“Jesus was in her house, and Martha was so busy with all the details that she was missing out on a divine moment. A chance to sit with Jesus. And can I just say, Jesus is in your house, yet so many of us are so busy with all the details of life that we are missing out on divine moments in our life. We have to be okay with not knowing all the details or being in control of them. We have to be okay with missing out on some things in life in order to truly experience life. This is a sign of our trust in God. He is God, I am not.” Pastor Jeff

**Apply:**

1. What is one thing from this message that stood out to you the most?
2. What can you take out of your schedule to give yourself and your family more time for rest and spiritual growth? Ask your group to help hold you accountable so that your change becomes a new habit.
3. Like a weight loss challenge, encourage each other to have a phone fast challenge where you commit to limit phone usage (other than calls and texts) to a certain amount of time per day for 30 days. That might mean deleting email and social media apps for those 30 days. At the end of the month, share about the experience together. What was easy and hard? Did it give you more time? Did it help with mental health? What did you do with the time that would typically have been used looking at your phone?