



LOCKINGCASTLECHURCH

Life Group Notes – 10th April 2022

How to unhurry: Slowing

Please visit the LCC website to listen to the talk or read the transcript if available.

Psalm 46

For the director of music. Of the Sons of Korah. According to alamoith. A song.

¹ God is our refuge and strength, an ever-present help in trouble.

² Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea,

³ though its waters roar and foam and the mountains quake with their surging.

⁴ There is a river whose streams make glad the city of God, the holy place where the Most High dwells.

⁵ God is within her, she will not fall; God will help her at break of day.

⁶ Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts.

⁷ The LORD Almighty is with us; the God of Jacob is our fortress.

⁸ Come and see what the LORD has done, the desolations he has brought on the earth.

⁹ He makes wars cease to the ends of the earth.

He breaks the bow and shatters the spear; he burns the shields with fire.

¹⁰ He says, "Be still, and know that I am God;

I will be exalted among the nations, I will be exalted in the earth."

¹¹ The LORD Almighty is with us; the God of Jacob is our fortress.

Note: This is the NIV2011 version of the text – it would be helpful to compare it with other translations.

Comment

Much of the content of our sermon series *Unhurried* actually boils down to trust. Whether we are prepared to trust ourselves, our time and our resources into God's hands or whether we will continue to hurry and strive to somehow keep ourselves 'ahead of the game' and 'secure for the future'. Psalm 46 reminds us that even in the midst of war, or environmental catastrophe, or the multitude of troubles that accompany life on earth, God is still with us – He is our ever present help and fortress. If we are prepared to let go, to *Be still and know*, then we can really begin to understand that God has got it covered and see things from His eternal perspective. Ultimately he will be exalted among all the nations on earth, so we can trust that he has a handle on our situation too.

If we want to resist hurry, we will have to physically slow down. John Mark Comer defines "slowing" as "cultivating patience by deliberately choosing to place ourselves in positions where we simply have to wait." It might mean that we reduce the amount of tasks we can accomplish and allow ourselves more headroom for interruptions. It could mean changing our relationships with technology which is inherently designed to make life easier – or actually faster .

Questions

1. Why do we hate wasting or even worse *killing* time?
2. What steps can we take to actively slow down?
3. What are the dangers to discipleship of living life too fast?
4. Slowing might mean having to say no or feel like we are letting people down. How can we combat the feelings of guilt for not living life as fast or as productively as possible?
5. What has struck you most from this Unhurried series over the past few weeks?