

December 31, 2017

**QUIT THE RAT RACE**

***Hurry Sickness***

*A behavior pattern characterized by continual rushing and anxiousness; an overwhelming and continual sense of urgency.*

- 1) You always look for the \_\_\_\_\_ way.
- 2) You \_\_\_\_\_ everything.
- 3) You have lots of \_\_\_\_\_ everywhere.
- 4) You're constantly in \_\_\_\_\_ mode.
- 5) You feel \_\_\_\_\_ when you try to relax.

*A person without self-control is as defenseless as a city with broken-down walls. Pr 25:28*

An \_\_\_\_\_ schedule leads to an \_\_\_\_\_ soul.

From The Best Yes. Lysa Terkeurst

*"Listen to this, Job; stop and consider God's wonders." Job 37:14; Ps 46:10*

Sometimes you have to \_\_\_\_\_ your \_\_\_\_\_ of some things you don't need, so God can \_\_\_\_\_ your \_\_\_\_\_ with some things you do need. Ex 20:8-11

Create a Sabbath by:

- \_\_\_\_\_ing daily
- \_\_\_\_\_ing weekly
- \_\_\_\_\_ing annually

In order to cure hurry sickness, you will have to \_\_\_\_\_ some things.

*You will never regret underwhelming your schedule in order to overwhelm your soul.*

"Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls." Jesus in Mt 11:28

TALK IT OVER

Do you feel like you have any hurry sickness symptoms? Ask someone who knows you well if they agree with your assessment.

In what ways is hurry affecting your life in the way Pro 25:28 talks about?

In what ways is your overwhelmed schedule leaving your soul underwhelmed? How do Pro 37:14 & Ps 46:10 affect your perspective?

Read Ex. 20:8-11. What would diverting daily, withdrawing weekly and abandoning annually look like in your life cycle? What changes would you need to make? What about for the people that depend on your decisions about their life pace?

What are you ready to ruthlessly quit so God can fill your heart?

What questions about quitting the rat race remain for you?

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***Hurry Sickness***

*A behavior pattern characterized by continual rushing and anxiousness;  
an overwhelming and continual sense of urgency.*

- 1) You always look for the **QUICKEST** way.
- 2) You **MULTITASK** everything.
- 3) You have lots of **CLUTTER** everywhere.
- 4) You're constantly in **CRISIS** mode.
- 5) You feel **GUILTY** when you try to relax.

*A person without self-control is as defenseless  
as a city with broken-down walls. [Pr 25:28](#)*

An **OVERWHELMED** schedule leads to an  
**UNDERWHELMED** soul.

From [The Best Yes](#). Lysa Terkeurst

*"Listen to this, Job;  
stop and consider God's wonders." [Job 37:14](#); [Ps 46:10](#)*

Sometimes you have to **EMPTY** your **ROUTINE** of  
some things you don't need, so God can **FILL UP**  
your **HEART** with some things you do need. [Ex 20:8-11](#)

Create a Sabbath by:

- **DIVERT**ing daily
- **WITHDRAW**ing weekly
- **ABANDON**ing annually

In order to cure hurry sickness, you will have to  
**RUTHLESSLY QUIT** some things.

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