Sermon Notes

Antidote to a Hurried Life	Lk 4:38-44
Follow Me	Dave Pett (Sept. 18, 2022)

Questions & Notes

- What are the dangers with mobile technology? Have you experienced a downside to its use?
- How is a hurried life distinguished from a full and busy life? What best describes your life?
- Solitude is not being lonely. What was essential to the solitude Jesus practiced?
- What benefits did Jesus realize from alone time with his Heavenly Father? What benefits should we expect? Have you experienced any of these?
- What are some of the symptoms of a hurried life?

Personal Notes

Resources:

- Sermon by Josh Mutter, "The Trap of Busyness" here.
- The Ruthless Elimination of Hurry by John Mark Comer via RtNow Media (here)