

Session One

BEYOND THE JOYLESS URGENCY

OPENING PRAYER

Loving Father,

Open our hearts and minds and allow us to slow down to the speed of joy. Show us what is possible and fill us with the grace, strength, and wisdom to live out all the good things we explore here together. Send your Spirit upon us so that we can discover your dream for us to become the-best-versions-of ourselves and have the clarity to see that busy is not our friend. We ask you to bless in a special way the anxious, the overwhelmed, the restless, and the discouraged. Remind us of our need to slow down and inspire us to be filled with profound gratitude and true rest. We ask all this through your Son, Jesus. Amen.

DISCUSSION QUESTIONS

1. On page 6, Matthew Kelly asks his friend, “Why are you so busy?” What about you? Do you feel busy, and if so, why?
2. Slowing down to the speed of joy includes taking time to pause throughout your day. What’s one small change you could make in your schedule to give yourself some time to pause and slow down?
3. In what ways is God calling you to slow down at this time in your life?
4. Throughout pages 9-11, Matthew discusses the fact that many of us are in a toxic relationship with busyness. What signs of that do you see in your life?
5. How has being busy affected your most important relationship in the past month?
6. What dream have you been delaying or putting on hold? How could slowing down to the speed of joy help make that dream possible?

CLOSING PRAYER

Jesus, thank you for gathering us here today to examine our daily lives a little bit closer. Thank you for each person here, and for each person's desire to grow closer to you. Help us to be honest with ourselves about our weaknesses, motivated to make the changes you know we need to make, and content to rest in the present moment. Show us what true joy and rest look like. Please help us to say "no" to things this week that do not serve you, and "yes" to the things that do. Amen.

THIS WEEK'S HOLY MOMENT CHALLENGE

Call a friend or family member you haven't talked to in a while.

Adoration Reflections:

"Be still, and know that I am God.

I am exalted among the nations,

I am exalted in the earth!" (Psalm 46:10)

"Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light." (Matthew 11:28–30)

"As they continued their journey he entered a village where a woman whose name was Martha welcomed him. She had a sister named Mary [who] sat beside the Lord at his feet listening to him speak. Martha, burdened with much serving, came to him and said, 'Lord, do you not care that my sister has left me by myself to do the serving? Tell her to help me.' The Lord said to her in reply, 'Martha, Martha, you are anxious and worried about many things. There is need of only one thing. Mary has chosen the better part and it will not be taken from her.'" (Luke 10:38–42)