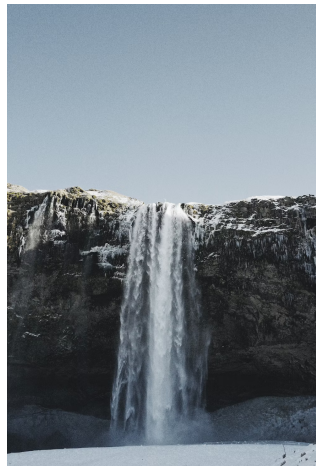




# *a life* POURED OUT



We are called to swim into the deep. A life of long obedience in the same direction. Where you discover that nothing is a waste at the feet of Jesus. So yes, eliminate hurry but never lose urgency. We run our race until we finish well.



May Teaching Series

# Eliminate Hurry, Not Urgency

Week 4

# Reflect

Take some time to process together as a group on last week's practice:

- How did you start practicing what we talked about last week?
- How was your experience in your practice?
- Where did you feel God most present and distant this week?

# Overview

We are exploring the tension between living slowly enough to be present with God while still living urgently for the kingdom of God. Reading Moses' encounter with the burning bush in Exodus, we see that God often reveals Himself not through spectacle, but through ordinary moments that require attentiveness. Moses had spent decades in obscurity after living through trauma, identity conflict, failure, and disappointment. Yet it was in the wilderness, at 80 years old, that God met him and reminded him who he was and the story he belonged to.

The invitation is to "ruthlessly eliminate hurry" so we can notice the holy ground beneath our feet. Hurry numbs our ability to pay attention to God, people, pain, beauty, and even our own souls. At the same time, slowing down does not mean becoming passive or disconnected from purpose. Jesus Himself lived with deep urgency for the kingdom, but never with anxiety or distraction. The difference between hurry and urgency is attentiveness. As followers of Jesus, we are invited to slow down enough to behold God in the ordinary while living intentionally within the greater story of God's redemption in the world.

# Reading

## Exodus 3:1–6 NIV

1 Now Moses was tending the flock of Jethro his father-in-law, the priest of Midian, and he led the flock to the far side of the wilderness and came to Horeb, the mountain of God. 2 There the angel of the Lord appeared to him in flames of fire from within a bush. Moses saw that though the bush was on fire it did not burn up. 3 So Moses thought, “I will go over and see this strange sight—why the bush does not burn up.” 4 When the Lord saw that he had gone over to look, God called to him from within the bush, “Moses! Moses!” And Moses said, “Here I am.” 5 “Do not come any closer,” God said. “Take off your sandals, for the place where you are standing is holy ground.” 6 Then he said, “I am the God of your father, the God of Abraham, the God of Isaac and the God of Jacob.” At this, Moses hid his face, because he was afraid to look at God

# Discussion

What stands out to you most from Moses’ encounter with the burning bush?

Why do you think God chose something ordinary like a bush to reveal Himself?

Verse 4 says God spoke when Moses “went over to look.” Why is attention important in our relationship with God?

What are some “burning bushes” you may have been too distracted to notice recently?

What habit or distraction may God be asking you to reduce or remove? What helps you become more attentive to God’s presence?

What does it practically look like to live with urgency without becoming anxious or hurried?

# Practice

This week, practice slowing down long enough to notice God in ordinary moments.

**Choose one moment each day to intentionally slow down:**

- Morning coffee
- Driving
- Walking
- Eating
- Waiting in line
- Before entering work or home

**During that moment, ask:**

“God, what are You trying to show me?”

“What burning bush have I been missing?”

**At the end of the day, reflect:**

- Where did I notice God today?
- Where did I hurry past people or moments?
- What part of God’s story might I be invited into?

## Closing Prayer

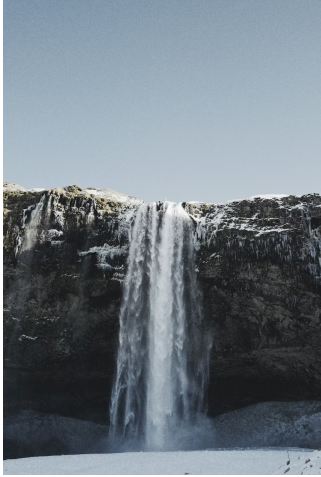
- Pray for freedom from hurry and distraction
- For eyes to notice God in ordinary life
- For renewed purpose and urgency in God’s story
- For courage to slow down and be present
- For attentiveness to the Holy Spirit throughout the week

## Further Resources

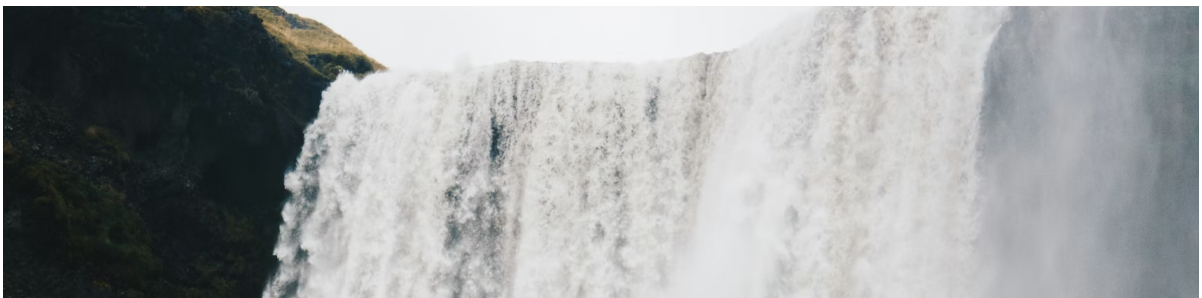
**Watch: A Life Poured Out Teaching Series** – Abbalove Church

**Read: The Deeply Formed Life** – Rich Villodas

**Read: Emotionally Healthy Spirituality** – Pete Scazzero



# Living from a Deep Well



[www.abbalovechurch.com](http://www.abbalovechurch.com)