

# GROUP DISCUSSION

Questions for facilitating dynamic discussion

**The Speed of Joy**

**Week 1: Soul-Crushing Speed**

**Luke 10:41-42**

**June 7, 2025**

**Jeff Griffin**

Tired of the hustle draining your joy? In a world that never slows down, Jesus shows us a better path — a daily rhythm that sparks delight and purpose. Dive into our exciting new sermon series, The Speed of Joy, and discover how to live with vibrant peace! This week, we're examining how Jesus wants us to evaluate the pace of life.

## **Kicking It Off:**

If you had the chance to go 130 miles per hour in a real race car, would you? Why or why not?

## **Discussion:**

1. From the intro to this week's message, what do you remember about the importance of breaking? How does it help us prevent a breakdown (flat tire) or worse — crashing and burning?
2. When you hear the phrase "slowing down is essential" how does that make you feel? Are you at peace, or more anxious about it?
3. As we dive into the story of Mary (who sat at Jesus' feet) and Martha (who kept on working to get things done), which one resonates with you the most? Has that always been the case, or were you different when you were younger? What's your take on Mary: is she lazy?
4. What are some areas of life that often cause us to become **distracted** or **worried** or **upset**?  
*"Martha, Martha," the Lord answered. "You are worried and upset about many things. But few things are needed. Really, only one thing is needed. Mary has chosen what is better. And it will not be taken away from her."* (Luke 10:41-42, NIV)
5. A little closer to home, how do you think you would score on a test for "Hurry Sickness" in your current season? What kind of extra rocks or burdens are you prone to pick up on your journey?
6. Dallas Willard said, "You must ruthlessly eliminate hurry from your life." What adjustments are you being prompted to make as a result of this week's lesson? How can our group help you with growing in that area as you seek to **simplify** your life?

## **Wrapping Up:**

If you're being pulled away from connecting with Jesus and other believers, there's a good chance you're probably too busy. Ask for wisdom and courage to analyze your life and say no to anything God isn't asking you to do, in order to better connect with Him and others.