

The Ruthless Elimination of ~~Hurry~~

WEEK 1 • Jan 2-8

Practice: Memorize Matthew 11:28-30

Come to me, all you who are weary and burdened, and I will give you rest. 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. For my yoke is easy and my burden is light.

Want to memorize more Scripture?
More suggestions are on the back.

WEEK 2 • January 9-15 • Silence & Solitude

Practice: Spend 5-10 minutes each day in silence with Jesus

- *Choose your place:* a comfy chair, a route to walk around your neighborhood; light a candle or look out a window. Set a timer so your time of silence will be undisturbed.

"In silence and solitude our souls finally come home."

—John Mark Comer

WEEK 3 • January 16-22 • Simplicity

**Practice: Clean out your closet/
garage/junk drawer, etc.**

- *Decide what needs to go*
- *Decide what you're going to do with it.
Can it bless someone else?*

"Simplicity is an inward reality seen in an outward lifestyle."

—Richard Foster

WEEK 4 • January 23-29 • Sabbath

Practice: Plan your Sabbath this week

- *Decide when your Sabbath will be.*
- *Decide what will and won't happen on your Sabbath.*

"People who keep Sabbath live all seven days differently."

—Walter Brueggemann

Promises of Jesus

John 15:5: "I am the vine, you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing."

2 Corinthians 12:9: "My grace is sufficient for you, for my power is made perfect in weakness."

John 8:12: "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."

John 14:27: "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

John 15:9: "Now remain in my love. If you keep my commands, you will remain in my love, just as I have kept my Father's commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete."

Luke 11:9: "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you."

Matthew 16:24-25: "Whoever wants to be my disciple must deny themselves and take up their cross and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me will find it."