



NEW LIFE CHRISTIAN CENTER  
July 05, 2026

**HURRY IS CRUSHING US**  
Pastor Dave Larson | Turlock

*Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light." Matthew 11:28-30 (NLT)*

*Be still, and know that I am God. Psalm 46:10 (NLT)*

**1. Hurry tells me that rest is a \_\_\_\_\_, instead of a \_\_\_\_\_.**

*"Come to me, all of you who are weary and carry heavy burdens, and I will give you rest." Matthew 11:28 (NLT)*

**"Hurry is the great enemy of spiritual life in our day."**

**2. Hurry changes how I \_\_\_\_\_ the \_\_\_\_\_ I love.**

*See Mark 5*

**3. Hurry settles for \_\_\_\_\_ spirituality rather than a \_\_\_\_\_ faith.**

*But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things! Galatians 5:22-23 (NLT)*

*...Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls.  
Matthew 11:29 (NLT)*



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**1. Hurry tells me that rest is a REWARD, instead of a GIFT.**

*"Come to me, all of you who are weary and carry heavy burdens, and I will give you rest." Matthew 11:28 (NLT)*

***"Hurry is the great enemy of spiritual life in our day."***

**2. Hurry changes how I TREAT the PEOPLE I love.**

*See Mark 5*

**3. Hurry settles for SURFACE spirituality rather than a DEEPER faith.**

*But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things! Galatians 5:22-23 (NLT)*

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# ONE THING I KNOW

*Biblical truths we can depend on*

## DISCUSSION QUESTIONS

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### CONNECT

Curly in “City Slickers” said the secret to life is “just one thing.” If someone asked you that same question this week, what’s the “one thing” that’s been running your life lately? Be honest, it doesn’t have to be a spiritual answer.

### ENGAGE

What impacted you the most personally from the message?

### GROW

1. On a scale of 1–10, how “hurried” would you say your life has felt this past month? What’s driving that number?
2. Read Matthew 11:28–30. Jesus says, “Come to me... and I will give you rest”; not “finish your work, then come.” What would it look like for you to actually receive that today, mid-to-do-list, instead of waiting for a clearer moment?
3. Be brave for a minute...who in your life has probably felt the “one sec” treatment from lately, kind of a half-listening “yeah... yeah” moment? No need to name names out loud if it’s too personal, but notice who came to mind.
4. In the message we heard...“looking busy for God while staying at arm’s length from Him.” Does that hit close to home for you? In what way?
5. “You cannot microwave maturity.” What’s one area of your spiritual life where you’ve been wanting a shortcut, but it probably just needs time, repetition, and patience instead?

### LEAD (YOURSELF):

The challenge this week was to pick one thing: a phone-free meal, a walk without music, a clock-free conversation, or some other moment of presence over pace. Which one are you actually going to try, and when?