

Suggested discussion questions for



The Ruthless Elimination of Hurry

Session 1: The problem (chapters 1-3, p.17)

1. Do you relate to how John Mark describes his life in the prologue? In what ways?
2. Do you think or feel that you need to change your life, in order to stop hurrying? Are you ready to?
3. What would you say is the greatest challenge to your spiritual life?
4. How does Dallas Willard's suggestion to John Ortberg, 'you must ruthlessly eliminate hurry from your life', sound to you?
5. 'Hurry and love are incompatible.' Would you agree? When was the last time you found this to be true in your own life?
6. Which/how many of John Mark's ten symptoms of 'hurry sickness' (pp. 48-51) resonate with you?

