



Big Idea: Opportunity (Psalm 39:4-5; Ephesians 5:15-17)

Pastor Brett Rush

What is the most valuable commodity in the universe? TIME, and we all get the same amount every day. Yesterday is gone, tomorrow hasn't come, and today is a gift. That's why they call it the present. I came across an article about a real problem that is afflicting most people in the 21st century. It is called "Hurry Sickness." First diagnosed in the late 1950s, but it has reached epidemic proportions. It was Dr. Larry Dossey who first coined the term that describes this problem plaguing our society.

- **Hurry Sickness - A modern malady caused by rushing about, a compulsion to do everything quickly, chronic feeling of being short of time. It is attributed to the fast pace of modern life and causing symptoms such as Anxiety and Insomnia.**

We're surrounded every day with opportunity to do what the Lord wants you to do. If we are not careful, we will miss some of the most important opportunities that come our way. To turn the tide back in our favor we need to do three things. **1) Turn when into now. 2) Turn intention in action. 3) Turn our whole heart toward Jesus.** What is keeping us from turning when into now? Why are we full of good intentions that never become action? Could it be that our minds and hearts are focused on too many of the wrong things? I didn't say bad things on purpose. Because sometimes the good things that occupy our time are not the best things!

So what do we do? How do we turn our whole heart toward Jesus? Let's speak the words God wants us to speak. What comes out of our mouth reveals what's in our heart. Let's do the things God wants us to do. Then we will live the way God wants us to live. ***Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect. Romans 12:2***

The answer is to become a living, breathing sacrifice. Using our lives in the service to God as an ongoing act of worship. This is not a means to earn salvation, but the natural response we choose to being saved! To do this, we will break free from the me-first pattern of hurry sickness and our minds will be changed, so that, we can understand what God wants us to do. Then we will be able to know how to live.

The world and its desires pass away, but the man who does the will of God lives forever. 1 John 2:17

Discussion Questions

- Does hurry sickness show up in your life? Always running late? Not enough hours in the day? How can we fight against the modern, fast paced lifestyle of hurry up and wait?
- What are some good intentions that you need to turn into actions? What have you been putting off? Fill in the blanks: I've had every intention of _____ but _____.
- What does it look like to make the most of every opportunity?

Prayer Focus

Thank God for providing a continuous stream of moments filled with His presence. Let's pray that God will teach us to remember that our time on earth is short and keep our hearts focused on eternity as we head into Holy Week and Easter next Sunday!

Next Steps

Let's be intentional about pursuing what truly matters this week, making the most of every opportunity. Step Two of the Growth Track happens this week at every campus. Come and find out how your design reveals your purpose in life and your best fit in ministry.

Leader Tip

How has God led you through the changes outlined in Pastor Brett's sermon? Think through the steps you took and share your testimony as a way to encourage the others in your group to do the same.