



Lenten Small Group Book Study | Wednesdays at 7 p.m. on Zoom

This Lent, you are invited to slow down and make space for God with our Lenten small group book study using *The Ruthless Elimination of Hurry* by John Mark Comer. Together, we will explore what it means to resist the constant busyness of our culture and intentionally cultivate a life of presence, Sabbath, prayer, and deeper connection with God. Lent offers a sacred opportunity to pause, reflect, and reorient our lives toward what truly matters. Whether you feel overwhelmed, spiritually restless, or simply longing for a deeper sense of peace, this study offers a meaningful way to journey through the season together. All are welcome—come as you are, and let this Lent be a time of renewal for your faith and your life.

For each week of the practices of Silence and Solitude, Sabbath, Simplicity, and Slowing, ask these check-in questions.

1. How did you intentionally engage the practice this week? (Be specific — when, how long, what did it look like?)
2. What felt life-giving? What felt difficult or resistant?
3. What did you notice about your heart, mind, or pace as a result?
4. What got in the way — and what might you adjust next week?