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## DISCUSSION QUESTIONS

# Week 6: Slowing

*Chapter 10, p.219*

Access videos at [www.thebigchurchread.co.uk/the-ruthless-elimination-of-hurry/](http://www.thebigchurchread.co.uk/the-ruthless-elimination-of-hurry/)

1. Do you like rules, like John Mark? Can you imagine a rule of life being fun?
2. Do you already practise any of John Mark's twenty suggestions for slowing your life? Have they made a difference?
3. Which suggestion appeals most? And which least?
4. Which suggestion do you think you'd find the easiest? And the hardest?
5. Did you feel the 'smile' in this chapter? Or did it feel legalistic to you?
6. Do you want to add any of your own practices to this list?