


the  Venues  
Go Deep  
“Positive Escapism”  
The Spirituality of Virtual reality  
March 12, 2017

*What do you do to de-stress after a tough day?*

*What are some healthy forms of escape?*

Drs Meyer Friedman and Ray Rosenman, cardiologists, named a disease they discovered, “hurry sickness.” These guys also came up with the designation: Type A personality. They defined the “sickness” a “harrying sense of time urgency.”  
This was back in 1959.

*If people thought they were busy back in 1959, how would the same people feel about living in 2017?*

*How have you experienced “hurry sickness?”*

*What is something you need to change in your life so you could slow down?*

Read Mark 3:1-7

*What stress was Jesus experiencing?*

*What words in the text describe Jesus’ stress?*

*How did Jesus respond to the stress?*

Read Luke 5:16; Matthew 14:23; John 8:59; Mark 6:31; Mark 1:35-37

*What do these verses tell us about Jesus’ life?*

*How does Jesus’ experience help you with your own?*

Here are some things we can do to cure the “hurry sickness.”

1. Practice the Sabbath - Read Genesis 2:2-3 and Exodus 23:10-11

*What principle of life is communicated in these stories?*

*How many vacations do you take a year?*

*Do you take a full day off during the week?*

2. Listen to Jesus

*How do you spiritually recharge?*

*What books have you read that have recharged you?*

### 3. Slow Down

*Do you ever try to gauge which line at the grocery store will be the quickest and get in that line?*

*Do you multi-task?*

*What can you do to intentionally slow down?*

*What is your "take away" from this lesson?*