

The Ruthless Elimination of Hurry

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Helpful Resources

- Subversive Sabbath by A.J. Swoboda
- Celebration of Discipline by Richard Foster
- Crazy Busy by Kevin Deyoung
- The Ruthless Elimination of Hurry by John Mark Comer

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Outline for this Series

- Week 1- Our Cultural Narratives of Hurry and The Ancient Wisdom of Rest
- Week 2- The Practice of Silence and Solitude
- Week 3- The Practice of Sabbath
- Week 4- The Practice of Simplicity
- Week 5- The Practice of Slowing Down and Fasting

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What are we Resisting in this Series?

Hurriedness, Pathological Busyness, Slavery to Overloading,
Consumerism, Materialism, Fear, Apathy, Luke-warm Love, Tech
Addiction, Distraction, Injustice, Greed, Gluttony, Laziness,
Disenchantment, A Curved-in Life, Soul Draining Isolation, Devalued
Beliefs, Lack of Clarity on Purpose, Deception, Workaholism, A Shallow
Soul, Burnout/Weariness, Outrage/Anger Addiction, Hoarding,
Dehumanization, Impatience, Entitlement, Restlessness

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What are we seeking in this series?

Rest, Flourishing, Delight, Solitude, Silence, A Quiet Life, Focus, Depth, Nourished Souls, Intentionality with Others, Presence, Enjoyment, Deep Work, Emotional Health, A Life Filled with Prayer, More Energy, Thoughtfulness, New Friends, New People, Stronger Habits, Quality Time with Spouse and kids, Quality time with grandkids, Peace, Clarity, Sober-Mindedness, Self-Control, Patience, Joy, Love, Kindness, Goodness, Gentleness, Devotion, Attentiveness, Generosity, Simplicity

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Goals?

- Stop/Start 1 thing!
- New Desires
- Assessing our Load and our Limits
- Awareness > Contemplation>Action
- **Will this be an easy path? NO, but it is the path of more freedom.**

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John Mark Comer's Revelation

"In America, you can be a success as a pastor and a failure as an apprentice of Jesus, you can gain a church and lose your soul."

-What does John Mark mean by that?

-How does this translate into your God-given vocations?

In America, you can be a success as a _____ and a failure as an apprentice of Jesus, you can gain _____ and lose your soul.

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Jesus says.....

- I AM the **Way**, The Truth, The Life (John 14:6)
- The **Way** to God and The **Way** to Live
- The early church in Acts called themselves NOT Christians, but they did call themselves followers of THE WAY (Acts 9:1-2; Acts 19:23; Acts 19:9; Acts 22:4)
- If someone were to ask you about the patterns of the Christian Life; or even more pointedly; What is the WAY of the Christian Life; how would you respond?

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Hurry: The Great Enemy of Spiritual Life

- Hurry and Love are incompatible. Love is Patient (1 Cor. 13)
- Walking with God; NOT Running with God.
- “Hurry is the death of prayer and spoils our work.” –Walter Adams
- “God walks slowly because He is Love. If He is not love He would have gone much faster. Love has its speed. It is an inner speed. It is a spiritual speed. It is a different kind of speed from the technological speed to which we are accustomed. It is “slow” yet it is lord over all other speeds since it is the speed of love.” –Kosuke Koyama *Three Mile an Hour God*

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Michael Zigarelli Says

It may be the case that 1.) Christians are assimilating to a culture of busyness, hurry and overload which leads to 2.) God becoming more marginalized in the Christian Life, 3) a deteriorating relationship with God, 4) Christians becoming even more vulnerable to adopting secular faith assumptions about how to live, which leads to more conformity to a culture of busyness, hurry, and overload.

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Cultural Narratives And Symbols of Hurry

- You are either in “Camp Lazy” OR “Camp Crushing It”
- The news, the latest blog, email, Text, Ad, YT Video have an urgency of:
- You NEED to pay attention to this...
- You NEED to stay on top of this...
- This.... SHOULD upset you.... THIS... SHOULD scare you...
- You wouldn't want to MISS OUT... would you?

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Cultural Narratives and Symbols of Hurry

- I'll sleep when I'm DEAD
- More Money= More Happiness
- The iPhone, Facebook, Instagram, Twitter, 24-hour news cycle, the Freeway, Wi-Fi, constant noise, constant access.
- It's better because it's faster
- Efficiency Above All Else
- Technological Progress Equals Human Progress
- **Our culture never slowed down to ask, what will this new pace of life do to our souls?**

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What is this doing to our brains, our relationships, our souls?

- Has anyone seen the documentary “The Social Dilemma”?? In a word.... God help us...
- The minds of the silicon valley tech industry have come out numerous times warning about the DANGERS of social media, tech addiction, phone addiction, and how it is making us DUMBER+SHALLOWER.
- Reducing attention spans drastically
- Th average iPhone user touches his/her phone 2,617 times a day.
- “Sleep is our biggest competitor”- The Owner of Netflix
- Everything is being designed for distraction and addiction.” Tristan Harris (Former design ethicist for Google)

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The Dark Underbelly of Tech

- “You’re not the customer; you’re the product. It’s your attention that’s for sale; along with your peace of mind.”
- Stories are leaking out all over the place of Silicon Valley Tech executives paying lots of money to send their kids to device-free private schools.
- Psychologists and Sociologists are linking a very stark rise in anxiety and depression to mass tech exposure. Developing into antisocial behavior, disassociation, and even feelings of depersonalization
- “We are seeing the collapse of society unfolding like the Tower of Babel” –Jonathan Haidt

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The Ancient Wisdom of Rest

- Genesis 2:1-3
- Seventh Day
- Made Holy
- Day of Rest
- Before the Mt. Sinai laws
- God Rested.
- Ecclesiastes 2:18-26
- What causes despair in our work? What causes Rest?

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Was the Life of Jesus a Hurried Life?

- What was one of Jesus' first moves whenever He would go into a village? (Mk. 3:20, Mk. 2:15; Mt. 8:14-15, Mark 1:29-31, Luke 10:38-42; Lk. 11:37-38, Luke 7:36;
- What was a constant rhythm of Jesus as He would walk with His disciples? (Mark 1:35; Luke 5:16; Luke 22:39)
- Proverbs 5:1-2: The importance of Attentiveness in an age of Distraction

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Progress Over Perfection In The Journey

- What are some desires you have in resisting hurry in your life?