

# Living The Unhurried Life

In the land of the Pentium III, microwaves, NASCAR, and turbo charged everything, we live captivated by speed. Do you ever feel you're a prisoner to the "speed" of your life? Is it even possible to live an unhurried life?

I suffer from **hurry sickness – and most of us are infected!**

## Matthew 11:28-30

1. **Hurry sickness robs us of Christ's** \_\_\_\_\_
  - We have a hard time with a light burden – we think burdens should be heavy
  - We feel like we should be driven faster, doing more, working harder, because if we don't – we're somehow failing in the American Dream..
  - Our status is linked to the degree of our stress
2. **Christ wants us to experience** \_\_\_\_\_

## Matthew 11:28

- This inner drive to rush is bred into us & it reinforces this **hurry sickness**  
*We navigate life under the illusion that if we move faster, we'll have more time...  
– but it's a psychological mirage.*
- Christ wants us to experience His rest.

3. **Hurry sickness leads to** \_\_\_\_\_

## Matthew 11:28

- Hurry sickness infects all of humanity...it's our natural bent...

We suffer fatigue from hurriedness and it plays out in our lives thru many symptoms:

1. **Speeding up** \_\_\_\_\_
2. **We start** \_\_\_\_\_ **-** \_\_\_\_\_ **our lives**
3. **We're impaired by** \_\_\_\_\_
4. **Wade thru relationships with** \_\_\_\_\_
  - Richard Foster wrote: "superficiality is the curse of our age."
5. **Greatest symptom: diminishes our capacity to** \_\_\_\_\_

## Luke 8.40-48

There are a few points we can draw from this passage that help us cultivate the unhurried life:

1. **Tasks never override** \_\_\_\_\_ **!**
  - We see in the life of Jesus – how he always hit the pause button on life, when it came to ministering to the people around him
  - People mattered more than any project!
2. **Slowness ministers to** \_\_\_\_\_

### Luke 8.44-47a

- Jesus always chose to love those who weren't on his schedule – he ministered to them physically – but he also ministered to their aloneness.

3. Be \_\_\_\_\_ to the people around you

### Luke 8.45,46

Hurry clouds our ability to notice divine meetings.

To notice the people God places in our path to stop and love on...

Hurry just might be the biggest weapon Satan fires against Christians in our culture

**John Ortberg's book:** *The Life You've Always Wanted*

**“It's because it kills love that hurry is the greatest enemy of the spiritual life. Hurry lies behind much of the anger and frustration of modern life. Hurry prevents us from receiving love from the Father or giving it to His children. That's why Jesus never hurried. If we are to follow Jesus, we must ruthlessly eliminate hurry from our lives”**

**Cultivating the unhurried life...**

#### Practical Actions:

- For the next month, drive in the slow lane – don't swerve to pass people
- Declare a fast from honking
- Cut the words “hurry up” out of our vocabulary
- For a week – eat food slowly (chew each bite 15x)
- Go through a day without a watch
- At the grocery store – pick the longest line and get in it!

#### Start weaving solitude moments into your day

- Solitude fights against hurry sickness – it's like spiritual Vitamin C

**As a Christ follower, we must ruthlessly eliminate hurry from our lives**

### **Sermon Tapes Available**

Do you know someone who needs to hear today's message?

Tapes of today's message as well as past ones are available at the tape table on the Plaza immediately after this service. Or you may order tapes through our web site at [casaschurch.org](http://casaschurch.org)