



# **Our Hurry Dilemma**

*How Fast is too Fast?*

# ***A Testimony and Invitation...***

"I am a recovering speed addict." - Alan Fadling

# In this workshop...



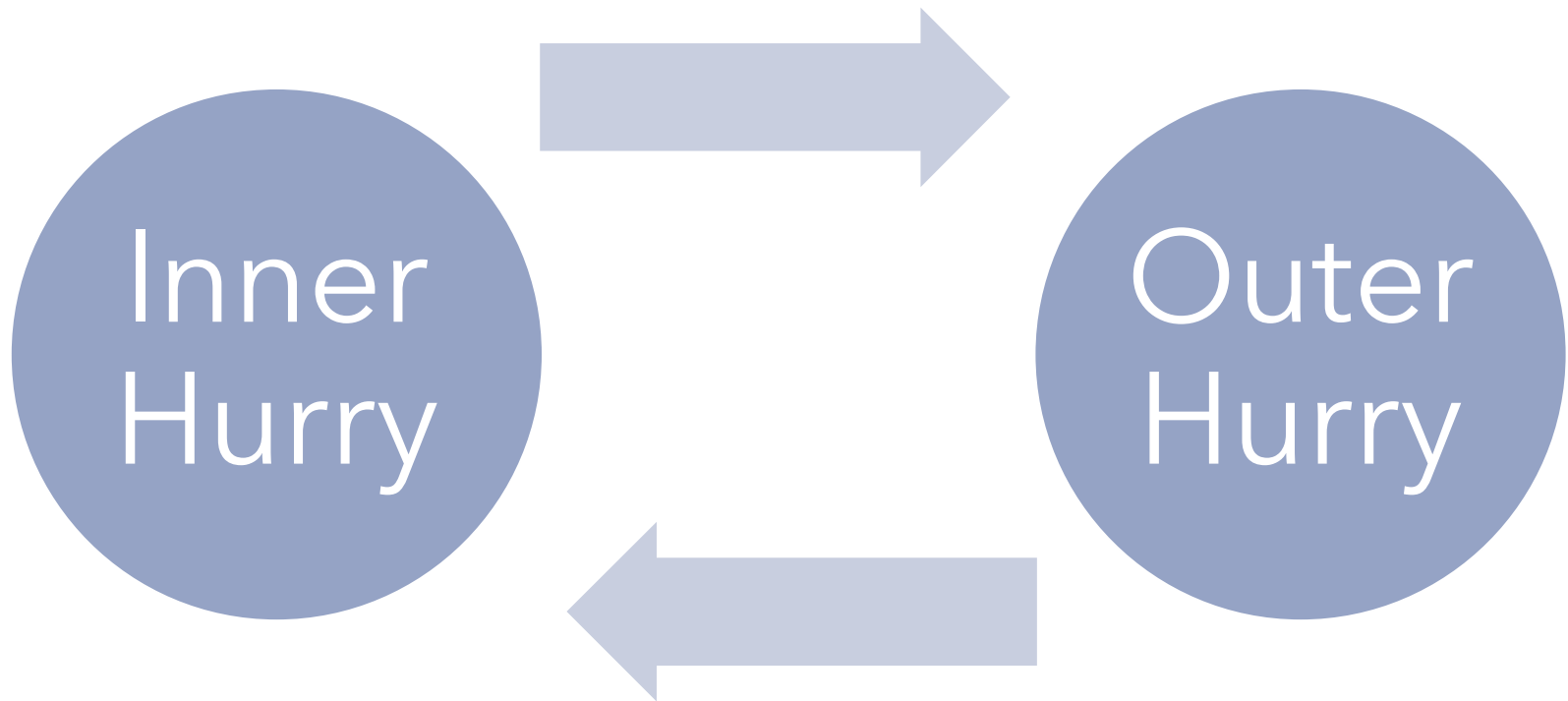
# **THEORY**

*What is hurry?*

# Have you ever...

- + Felt restless, like the to-do list doesn't end, unable to say "no"?
- + Found yourself reaching for your phone in a moment of boredom?
- + Had to choose between having a real conversation with your spouse and burning the candle at both ends?

# Inner vs. Outer Hurry



“When I am talking about hurried and unhurried, I’m not just talking about miles per hour. I’m talking about an anxious, driven, frenetic heart.”

**- *Alan Fadling***

“Hurry is not just a disordered schedule. Hurry is a disordered heart.”

**- *John Ortberg***



# *Symbiotic* Relationship

“Our...tools translate our inward  
hurry into outward hurry.”

Inner  
Hurry

Outer  
Hurry

“The new time-saving devices...make  
us feel...more burdened.”

# **Hurry in the pantheon of the American economic machine...**

Time, production/achievement, efficiency, and money

“The defining problem driving out most people who leave (the church) is...*just how American life works in the 21st century.* Contemporary America simply isn’t set up to promote mutuality, care, or common life. Rather, it is designed to maximize individual accomplishment as defined by professional and financial success. Such a system leaves precious little time or energy for forms of community that don’t contribute to one’s own professional life or, as one ages, the professional prospects of one’s children... The underlying challenge for many is that their lives are stretched like a rubber band about to snap—and church attendance ends up feeling like an item on a checklist that’s already too long.”

**- Jake Meador**

“Now that our concepts of life have been reshaped by clock time and then linked to money and the expectation of increased production, humans find themselves in a bit of a paradox. *We have often tried to make machines that are like humans, but now we often expect humans to be like machines.* The one just needs a power source and occasional servicing, while the other requires not simply nutrients, but also sleep, laughter, and love. The differences are profound and undeniable, but under the ever-present gaze of the ticking clock and the blurring of expectations between humans and machines, this harried life has become far more common now than it was in previous centuries.”

**- Kelly Kopic**

“The point I’m driving toward is this: an overbusy, hurried life of speed is the new normal in the Western world, and it’s *toxic*... As my grandma used to say, ‘Just because everybody’s doing it, don’t make it smart.’”

- **John Mark Comer**

# **Is “hurry” even a biblical concern?**

What does Scripture say?

# Is God in a hurry?

**NOPE**

- + God created in 7 days (Gen 1)
- + God waited 400 years to give the land to Israel (Gen 15:12-16)
- + God took the "long way" from Egypt to Canaan (Ex 13:17-18)
- + God is not slow but patient (2 Pet. 3:8-9)

# Was Jesus' in a hurry?

NOPE

- + Prayer in desolate places (Mark 1:35-39)
- + Waited to help his deceased friend (John 11:1-6)



# **Wicked hurry**

+ Saul's rushed sacrifice (1 Sam. 13:8-14)

# Holy Unhurry

- + Psalm 27:4, 14; 86:11
- + Mary and Martha (Luke 10:38-42)
- + Love is patient (1 Cor. 13:4)

# Review

- + Define "hurry".
- + Which dimension of hurry do you most resonate with?
- + Is "hurry" a biblical concern?

# **ASSESSMENT**

*Am I hurried?*

# Inner hurry

- + 2 minutes of silence
- + Was your mind quiet?
- + What came to mind?

# Outer hurry

- + One week schedule exercise (10 min)
- + What do you notice? What's there? What's not there? Are there "pockets/margin"?

# Time Pathologies

- + **Time pressure** is the sense that there just isn't enough time for our task or tasks.
- + **Time urgency** arises when time pressure becomes a more frequent experience, prompting us to feel the need to hurry or accelerate the rate at which we do things.
- + **Hurry sickness** occurs when time urgency has become severe and chronic, changing one's personality and lifestyle.

# **PRACTICE**

*How can I begin to “unhurry”?*



# Unhurrying Practices



Two-week time journal



Sabbath



Slowing (see *Ruthless Elimination of Hurry*)

# **Embracing God's Gift of Sabbath**

The Theology and Practice of Sabbath

# A Short Theology of Sabbath

- + A life-giving/fruitful day (Gen 1)
- + Creational rhythm (Gen 1; Ex. 20)
- + Resistance (Deut. 5)
- + A divine gift - not a burden (Mark 2)

# Practicing Sabbath:

## 4 aspects

- + **Stop** - say "no"
- + **Rest** - say "ah"
- + **Delight** - say "yes"
- + **Contemplate** - say "hmm"

# Practicing Sabbath:

## 4 tips

- + Practicing Sabbath will change how you live the other six days
- + This is not just a "day off"
- + Beware digital technology
- + Start small and experiment

# Review

- + Which aspect of Sabbath is most appealing? Most challenging?
- + What is one step you can take towards Sabbath this week?

## Resources

- + *An Unhurried Life* by Alan Fadling
- + *The Ruthless Elimination of Hurry* by John Mark Comer
- + *Crazy Busy* by Kevin DeYoung
- + *You're Only Human* by Kelly Kopic
- + *The Common Rule* by Justin Whitmel Earley
- + *The Celebration of Discipline* by Richard Foster
- + *The Way of the Heart* by Henri Nouwen
- + *Emotionally Healthy Spirituality* by Peter Scazzero

## **Resources**

- + Unhurried Living Podcast by Alan Fadling
- + [Unhurriedliving.com](http://Unhurriedliving.com)
- + The Emotionally Healthy Leader Podcast by Peter Scazzero
- + [Emotionallyhealthy.com](http://Emotionallyhealthy.com)
- + The Rule of Life Podcast by John Mark Comer
- + [Practicingtheway.org](http://Practicingtheway.org)