



SPIRITUAL PRACTICES: SLOWING

A. WHAT is the Spiritual Practice of Slowing?

- The key to a healthy spiritual life is to “ruthlessly eliminate hurry from your life.” Quote by Dallas Willard.
- Slowing is a practice that cultivates patience by putting ourselves in a position where we simply have to wait.
- Hurry is not just a disordered schedule, but a disordered heart.
- Red flags of “Hurry Sickness”:
 1. Constantly speeding up daily activities. Always trying to do more in less time.
 2. Constantly multi-tasking.
 3. Superficiality - trading wisdom for information or depth for breadth.
 4. Rushing when there’s no reason to be rushing.
 5. Not having any energy/attention for loved ones at the end of the day/week.

B. WHY Should We Practice Slowing?

1. Slowing practices put us in a position for Holy Spirit to refine/mold us.
2. We are often going faster than Jesus (who we’re supposed to be following!). Slowing helps to align our hearts to the Father’s heart.
3. Jesus had a lot to do but never failed to love those that the Father put in front of Jesus out of hurriedness or business. (Mark 5:21-43, John 11:1-45)

C. Slowing Practices

1. Drive in the slow lane, drive the speed limit and make complete stops at the stop sign.
2. Speak slower.
3. Look people in the eyes when in conversation.
4. Chew your food slower.
5. Walk slower.
6. Show up to your meetings/appointments early and don’t take your phone out.
7. Build a five minute buffer in between all scheduled activities and sit in silence and pray.
8. Wait for 60 seconds every time you get in your car and before getting out of your car.

9. Pick the longest line in the grocery store.

10. Focus and complete one task at a time before switching to the next task.

The KEY to these practices: After you have placed yourself in a position that forces you to wait or go slower, use that time to invite God into that moment. Talk to your Father, ask Him for His eyes, His words, and pray about the next meeting or place you are going and who you may be seeing next.

D. Additional Slowing Resources

- *The Life You've Always Wanted* by John Ortberg
- *The Ruthless Elimination of Hurry* by John Mark Comer
- *Spiritual Disciplines Handbook* by Adele Ahlberg Calhoun

Questions or want to share your slowing testimony? Email me at: leland@monterey.church

And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him. Hebrews 11:6