

## Slow Down Spirituality | Part 1 | Slow Down

### ONLINE RECORDING

#### NOTES ARE IN APP - Not on screen - Download

- <https://theelement.church/app>

#### Connect with us - Next Steps Form

- Text "Element" to 97000

#### 21 Days of Prayer

- Date/Time: Jan. 10th - 28th 2022 | M-F | 7-8 am est
- Location: Zoom: your computer from wherever you are
- **Meeting ID: 830 9349 2677**
- **Passcode: element**
- Short invite link: <https://bit.ly/3EUUM0U>

#### GIVING TIME:

- **4 WAYS TO GIVE**
- ONLINE: <https://theelement.churchcenter.com/give>
- APP: Give Tile
- TEXT: Text an "amount" to 84321
- MAIL: PO Box 52 East Lansing MI 48826

#### TODAY: New Series: Slow Down Spirituality

#### ILL. Cars: Speed Bumps & Vehicle Speed

- Hit a speed bump at 50 = through the roof, destroys car
- Hit a speed bump at 5 = an easy blip, car continues
- Going slower = going faster/more effective

#### More than cars. Spiritual reality for experiencing life...

#### ILL. Morning Routine: Stood at the door

- Stood at door and looked at the woods behind house
  - saw nothing
  - winter
  - dead sticks
  - brown
- Stopped and didn't move: started seeing all sorts of life.
  - At least 7 birds: different kinds, little brown birds, blue jay, female cardinal, then a big fat squirrel.
  - All sorts of things happening in there.
  - Colors, species, climbing, flying, eating,
  - LIVING that I missed when I just passed by the window.

### Slowing down goes against our cultural conditioning

“Hurry is the great enemy of spiritual life in our day.” - Dallas Willard

“Hurry Sickness”: consider the following possible symptoms. Which one do you identify with most and why?

- **Frequent Irritability**. Do you find yourself easily agitated, frustrated or angry?
- **Emotional Numbness**. Do you feel unmoved by things that used to matter to you? Do you find it hard to care about someone else's pain?
- **Disordered Priorities**. Do you feel busier than ever, but still feel like you don't have time for the things that really matter? Do you feel like you are always reactive, rarely proactive?
- **Escapist Behaviors - Inability to stay consistent**. Do you find yourself trying to escape reality through television or eating food or drinking? Do you carry around a deep sense of exhaustion?
- **Spiritual Apathy**. Do the things you know sustain you spiritually consistently get put to the side? Has it been a while since you spent any

meaningful time in prayer or reflection on Scripture or other spiritual disciplines?

## HOW ALWAYS BEING IN A HURRY HURTS YOU

- **HURRY increases my stress:**
  - “I had no time to care for myself . . .” Song of Solomon 1:6 (TEV)
- **HURRY decreases my joy:**
  - “My days go by faster than a runner; they fly away without my seeing any joy.” Job 9:25 (NCV)
- **HURRY makes me less productive:**
  - “A person in a hurry makes mistakes.” Proverbs 19:2b (GW)
  - “Careful planning puts you ahead in the long run; hurry and scurry puts you further behind.” Proverbs 21:5 (MSG)
- **HURRY keeps me from hearing God:**
  - “Be still, and know that I am God.” Psalm 46:10 (NIV)

Hurry keeps me from hearing God

Hurry means I pass by the window & see sticks instead of life

## Lessons about slow down from MOSES

- Quick backstory
- **Egypt was FASTEST COUNTRY ON EARTH**
- **Leading Egypt was FASTEST CULTURE ON EARTH**
- Moses grew up in Pharaoh's Palace
- Left him broken down & confused
- Can't reconcile faith & experience
- Runs away

- Finds himself in Midian at Horeb

**APPLICATION NOTE:** Ever go through a season that feels Dry? Hard? Where relationship with God feels routine? Desert type season? (yes, 2020-2021)

- Reading a Bible Plan, but there wasn't the same level of passion there used to be....
- Going to church, but the enjoyment wasn't there.
- Praying, but it felt kind of disconnected.
- **Somewhere, along the way, lost our first love?**

### **Moses is God's "Forever Friend"**

- Moses had an incredibly powerful relationship with God. He's referred to as God's "forever friend." He's literally one of God's BFF's. :)

### **AND Moses = Is in a dry spiritual state, stagnated... (we can relate!)**

- But what I also love about Moses is he didn't begin there. We can relate to him because he started out in a dry state spiritually, distant from God.

Back to the story...

### **God met Moses in the desert & it Starts with a SLOW DOWN...**

- Held a few keys for us...

### **Exodus 3:1-4**

Now Moses was tending the flock of Jethro his father-in-law, the priest of Midian, and he led the flock to the far side of the wilderness and came to Horeb, the mountain of God. **2** There the angel of the Lord appeared to him in flames of fire from within a bush. Moses saw that though the bush was on fire it did not

burn up. **3** So Moses thought, “I will go over and see this strange sight—why the bush does not burn up.”

**4** When the Lord saw that he had gone over to look, God called to him from within the bush, “Moses! Moses!”

And Moses said, “Here I am.”

(NKJV - Then Moses said, “I will now turn aside and see this great sight, why the bush does not burn.” When the LORD saw that he turned aside to look, God called to him from the midst of the bush and said)

## **1. Encountering God requires a decision to slow down**

### **God obviously wants to be with Moses**

- Moses is not seeking God out, God is seeking Moses out
- Moses reciprocates by turning aside to SEE/LOOK

### **ILL. Genesis: 3 Mile an Hour God**

- We see a beautiful picture of this when it says God came down every evening to walk with Adam and Eve in the cool of the day.
- Every time in Scripture it refers to the “Presence of God” it means that God was “with” his people.
- Jesus is the ultimate example of this: Emmanuel “God With Us.”
- His teachings to his disciples were all about abiding “in him” and his prayers were that they would become “one” with him and the father and experience unity.

**This has always been God’s heart from the beginning: To be WITH US.**

- That truth demands a response

Whether its a burning bush, Eden's garden or your house...

How do we reciprocate/respond?

- We **SLOW DOWN!**
- Moses has to turn aside to see God!
  - When God saw Moses turned aside, God spoke...

To **encounter** God we have to slow down

Second thought from Moses' life

## 2. Experiencing God's goodness requires a slow down

Moses is slowing down to encounter God, but then he starts to EXPERIENCE GOD - look what comes next...

### **Exodus 3:7-10,11-12**

7 The Lord said, "I have indeed seen the misery of my people in Egypt. I have heard them crying out because of their slave drivers, and I am concerned about their suffering. 8 So I have come down to rescue them from the hand of the Egyptians and to bring them up out of that land into a good and spacious land, a land flowing with milk and honey... 10 **So now, go. I am sending you** to Pharaoh to bring my people the Israelites out of Egypt."

11 But Moses said to God, "**Who am I** that I should go to Pharaoh and bring the Israelites out of Egypt?"

12 And God said, "**I will be with you.** And this will be the sign to you that it is I who have sent you: When you have brought the people out of Egypt, you will worship God on this mountain."

- **God's answer to Moses in essence was:**

- "You're the one I want to be with." **WHOA! REVELATION!**
- Also, identity
- Also, a vision & purpose for his future
- Also rest...

### **Exodus 33:14-15**

14 The Lord replied, "My Presence will go with you, and I will give you rest."

15 Then Moses said to him, "If your Presence does not go with us, do not send us up from here. 16 How will anyone know that you are pleased with me and with your people unless you go with us? What else will distinguish me and your people from all the other people on the face of the earth?"

- Who am I = Identity
- I will go with you = Confidence
- Presence = Rest
- **Distinguishes me and your people from all others = legacy**

### **Cause & Effect**

- Experience His goodness? - **SLOW DOWN**

**ILL. The life was in the woods, I EXPERIENCED the life in the woods when I slowed down at the door**

Experiencing God's goodness requires a slow down

### **3. I win when I slow down to worship**

**Continue the Moses story, into application years later.**

- He slows down to worship during an ACTUAL deadly battle
- I can't think of anything more "hurrying" than people dying everywhere

### **ILL. Nerf Bow & Arrow battle** High Caliber - In cardio zone/Hurry

- What about real war?
- What about life's wars?
- What about work wars & school wars?

### **Exodus 17:8-13**

8 The Amalekites came and attacked the Israelites at Rephidim. 9 Moses said to Joshua, "Choose some of our men and go out to fight the Amalekites. Tomorrow I will stand on top of the hill with the staff of God in my hands."

10 So Joshua fought the Amalekites as Moses had ordered, and Moses, Aaron and Hur went to the top of the hill. 11 As long as Moses held up his hands, the Israelites were winning, but whenever he lowered his hands, the Amalekites were winning. 12 When Moses' hands grew tired, they took a stone and put it under him and he sat on it. Aaron and Hur held his hands up—one on one side, one on the other—so that his hands remained steady till sunset. 13 So Joshua overcame the Amalekite army with the sword.

### **Whenever Moses lifted his hands to worship, they were winning**

- He didn't swing the sword
- He stopped to worship

### **Amalek in spiritual warfare:**

- **Article: Amalek & Spiritual Warfare**
  - Augustine of Hippo:
    - In Augustine's terms,
      - Amalek represents the "City of the World,"
      - Israel represents the "City of God"
- **Modern Day Application**
  - Amalek is associated with "Doubt" and "Pride."

- Worship is associated with Belief and Dependence on God
- **Doubt:** Enemy tries to make you doubt God's existence or his goodness. He'll convince you Christianity is nice but not relevant.
- **Pride:** Enemy tries to get you to operate in your own strength and not recognize your need for God's help.

**WORSHIP:** The act of ascribing ultimate value to something - Tim Keller

Adam Paulson:

- We don't worship because we are Christians, we worship because we are humans
- There are no empty throne in the human heart

Worship requires slowing down to **ASCRIBE** value upon one of the cities  
 City of the world - amalek  
 City of God - worship

**Psalm 46:10**

He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

**we only win when we worship  
 we can only worship when we slow down**

#### **4. Slowing down with God impacts the people around me**

**Exodus 33:7-11**

7 Now Moses used to take a tent and pitch it outside the camp some distance away, calling it the "tent of meeting." Anyone inquiring of the Lord would go to the tent of meeting outside the camp. 8 And whenever Moses went out to the tent, all the people rose and stood at the entrances to their tents, watching

Moses until he entered the tent. 9 As Moses went into the tent, the pillar of cloud would come down and stay at the entrance, while the Lord spoke with Moses. 10 Whenever the people saw the pillar of cloud standing at the entrance to the tent, they all stood and worshiped, each at the entrance to their tent. 11 The Lord would speak to Moses face to face, as one speaks to a friend. Then Moses would return to the camp, but his young aide Joshua son of Nun did not leave the tent.

**We must understand our slowing down impacts & influences**

- Our lives BUT...
- Our families
- Our church
- Our city
- Our campus
- Our generational legacy

**ILL. Like you are called to pastor the city, I am called to pastor my school**

**We don't run away to slow down, we learn to move with Jesus as we love those around us...**

**John 17:15 (NKJV)**

"I do not pray that You should take them out of the world, but that You should keep them from the evil one."

The enemy's greatest tool = hurry

"Hurry is the great enemy of spiritual life in our day." - Dallas Willard

1. Encountering God requires a decision to slow down
2. Experiencing God's goodness requires a slow down
3. I win when I slow down to worship

4. Slowing down with God impacts the people around me

**Slowing down goes against our cultural conditioning**

- Must SLOW DOWN by **FORCE!**
- The ruthless elimination of hurry

**If we are going to see the dry sticks come to life,  
we must STOP and watch, listen and wait.**

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