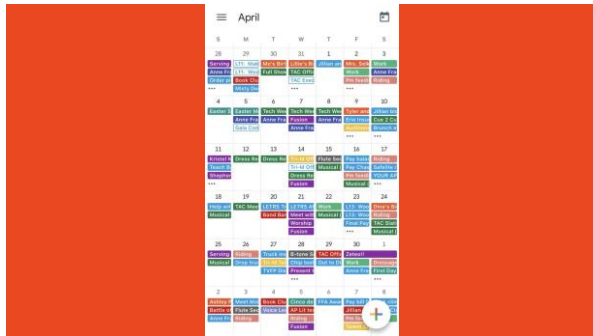


The Secret To An Unhurried Life

1



2

The Problem with Hurry

3

Jesus walked at the pace of **3 MPH**

4

*"If the devil can't make you sin,
he'll make you busy."*
~ Corrie Ten Boom

5

1 Corinthians 13:4 (NIV)
Love is patient.

6

Our Society is based on hurry.

7

The average person would get about **11 hours** of sleep a night until the clock was invented, now it's less than **7 hours...**

8

What is the solution to hurry?

9

We need to understand our limitations and use them to set boundaries.

10

We need to watch how we spend our time.

11

Ephesians 5:15-16 (NIV)

Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil.

12

**We need to adopt the lifestyle
of Jesus**

13

Matthew 11:28-30 (NIV)

*“Come to me, all you who are weary and
burdened, and I will give you rest. Take
my yoke upon you and learn from me, for
I am gentle and humble in heart, and you
will find rest for your souls. For my yoke
is easy and my burden is light.”*

14



15

Matthew 11:28-30 (MSG)

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it.

16

Matthew 11:28-30 (MSG)

***Learn the unforced rhythms of grace.** I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live **freely and lightly.**”*

17

How do we slow down and live deliberately?

18

Silence & Solitude

19

Lamentations 3:26 (MSG)

It is good that one should wait quietly for the salvation of the Lord.

20

Solitude:

sol·i·tude

/ˈsälə,t(y)oöd/

noun

1. the state or situation of being alone.

21

Mark 1:35 (MSG)

It was very early in the morning and still dark. Jesus got up and left the house. He went to a place where he could be alone. There he prayed.

22

If you don't have enough time in your day to be alone with God then you're probably too busy.

23

What if you spent the same amount of time with God that you do on your phone?

24

Sabbath

25

The Hebrew word for Sabbath is
"Shabbat"
Which means "to stop"

26

Exodus 20:8-11 (MSG)

Observe the Sabbath day, to keep it holy. Work six days and do everything you need to do. But the seventh day is the Sabbath to God, your God. Don't do any work - not you, nor your son, nor your daughter, nor your servant, nor your maid, nor your animals,

27

Exodus 20:8-11 (MSG)

not even the foreign guest visiting in your town. For in six days God made heaven, earth, and sea, and everything in them; he rested on the seventh day. Therefore God blessed the Sabbath day; he set it apart as a Holy day.

28

Mark 2:27 (MSG)

Then Jesus said, "The Sabbath was made to serve us; we weren't made to serve the Sabbath."

29

Set aside 1 day of the week to just stop and slow down.

30

Simplicity

31

Minimalism isn't about living with nothing; it's about living with less.

32

Simple practices to simplify/minimize your life:

1. *Never impulse buy.*
2. *When you can, share.*
3. *Learn to enjoy things without owning them.*
4. *Cultivate a deep appreciation for the simple pleasures.*

33

Slowing

34

Practical Applications to Slowing Down:

1. Drive the speed limit.
2. Get into the slow lane.
3. Come to a complete stop at a stop sign.
4. Don't text and drive.
5. Show up early.
6. Get into the longest line at the grocery store.

35

Practical Applications to Slowing Down:

6. Get into the longest line at the grocery store.
7. Turn your smart phone into a dumb phone.
8. Keep your phone off until after your morning quiet time with God.
9. Single-task.
10. Walk slower.

36

Practical Applications to Slowing Down:

- 11. Take up journaling.
- 12. Cook your own food - eat in.
