

# ICC Summer Study 2022

## Rhythms of Health: Choosing Less for More



(guide: *The Ruthless Elimination of Hurry* by John Mark Comer)

### Lesson Four – “Practice Three: Slowing”

Lesson Outline:

- 1) \_\_\_\_\_ for Slowing
- 2) \_\_\_\_\_ Slowing
- 3) \_\_\_\_\_ Slowing

#### PART ONE: OUR NEED FOR SLOWING

Reflect & Discuss:

- How do you feel about being stuck behind cars that go slowly?
- How do you react to a slow sales clerk?
- What is your response to children who dawdle?
- What is it like for you to choose to do things slowly? (like eating)

Our Culture:

- Our Culture’s Virtues: \_\_\_\_\_ and \_\_\_\_\_
  - Addiction: \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_!
- Our Culture’s Values: Our \_\_\_\_\_ = Our \_\_\_\_\_
- Our Culture’s Narrative: Doing \_\_\_\_\_ = \_\_\_\_\_

*“The world will never \_\_\_\_\_ for us. This world will mercilessly pull you into its orbit and force you to live at its \_\_\_\_\_. And you will fall prey to the world’s metronome unless you intentionally \_\_\_\_\_.”*

-Charles Wagner, 1895

### Discuss: Why is slowing hard?

- What about our culture makes it difficult?
  - When do you rely on adrenalin or caffeine to get through a tough part of the day?
  - How have deadlines, timelines and bottom lines affected the pace of your life? What sort of power have you given to these imaginary lines?
- What about us (you) makes it difficult?
  - Are you addicted to hurry, rush and adrenalin?

### Reflect: Why does it matter?

- 1 John 2:15-17
  - Notes:
  - "Life is too precious to \_\_\_\_\_, and the faster we go the more likely we are to miss what \_\_\_\_\_."
- Luke 10:38-42
  - Notes:
  - "We can get so busy doing \_\_\_\_\_ things and so preoccupied with what comes \_\_\_\_\_ that we do not experience \_\_\_\_\_. We rush from the \_\_\_\_\_ to the \_\_\_\_\_, and the present moment becomes a crack between what we did and what we have yet to do. It is virtually \_\_\_\_\_ on us." -Adele Calhoun
- What's the impact if we do not slow down?
  - *"When you live at warp speed, it leads to death. It may not be physical death but it will be death of some kind. The health of your relationship with God, relationships with others, personality, or peace. When we fail to slow, our lives will take a toll."*
  - "We do not become \_\_\_\_\_ people in \_\_\_\_\_."

## PART TWO: UNDERSTANDING SLOWING

### A Definition of Slowing:

- A way to curb and overcome my addiction to \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ to learn to savor each sacred, \_\_\_\_\_ moment to the full
- Cultivating presence and \_\_\_\_\_ by deliberately choosing to place ourselves in positions where we simply have to \_\_\_\_\_

### Core Scriptures on Slowing:

- Psalm 46:10
- Mark 5:24-34
- Mark 6:30-32
- Psalm 90:10
- Psalm 23:1-3
- James 5:7-8
- Isaiah 40:31
- Psalm 27:13-14
- Lamentations 3:25
- Psalm 33:20-22

### Explanation on Slowing:

- Slowing is not a justification for \_\_\_\_\_ or \_\_\_\_\_. It is not lethargy, slothfulness, apathy or inertia. It is an intentional choice to alter a \_\_\_\_\_.
- Slowing is a choice to live \_\_\_\_\_, not reactively; to be the \_\_\_\_\_ of our schedules and not the passengers
- Slowing aligns our \_\_\_\_\_ with our \_\_\_\_\_
- We must cultivate awareness of the \_\_\_\_\_ of our pace – of mind, heart, and body

### Fruit of Slowing:

- Keeping \_\_\_\_\_ with Jesus as you live at a saner pace
- Freedom from an addiction to \_\_\_\_\_ or spiritual \_\_\_\_\_
- Patience—waiting with \_\_\_\_\_
- Living the present moment to the \_\_\_\_\_
- Trusting God's \_\_\_\_\_ time schedule
- Living the truth that love and hurry are fundamentally \_\_\_\_\_
- Receiving interruptions \_\_\_\_\_
- Realizing the work of the Spirit is not an " \_\_\_\_\_ " work

### PART THREE: PRACTICING SLOWING

#### 25 Tips for Slowing:

1. Drive the \_\_\_\_\_.
2. Get into the \_\_\_\_\_.
3. Get enough \_\_\_\_\_.
4. Speak more \_\_\_\_\_.
5. Come to a full stop at \_\_\_\_\_.
6. Look people \_\_\_\_\_.
7. Don't \_\_\_\_\_ and \_\_\_\_\_....or anything else!
8. \_\_\_\_\_ slowly. \_\_\_\_\_ slowly.
9. Sit longer at the \_\_\_\_\_.
10. Show up to an appointment \_\_\_\_\_, and without \_\_\_\_\_.
11. Plan \_\_\_\_\_ for rest between meetings.
12. Get in \_\_\_\_\_ intentionally.
13. Turn your smartphone into a \_\_\_\_\_.
14. \_\_\_\_\_ your phone; put it to \_\_\_\_\_ before you and make it \_\_\_\_\_.
15. Keep your \_\_\_\_\_ off until after morning \_\_\_\_\_.
16. Set \_\_\_\_\_ for work and work communication.
17. Set a \_\_\_\_\_ and \_\_\_\_\_ for social media.
18. \_\_\_\_\_ slowly and \_\_\_\_\_.
19. \_\_\_\_\_-task.
20. \_\_\_\_\_ slower.
21. Take a regular day for \_\_\_\_\_ and \_\_\_\_\_.
22. Take up \_\_\_\_\_.
23. Take time for \_\_\_\_\_.
24. Take \_\_\_\_\_ work (and \_\_\_\_\_ the time allowed)
25. Cook your \_\_\_\_\_, and eat \_\_\_\_\_.