

The Way part 12: “The Greatest Obstacle to Living Out the Way”

What would you say is the greatest challenge to your spiritual life?

“Hurry is not of the Devil it is the Devil”—Carl Jung

What if we are distracting ourselves into spiritual oblivion...

Luke 10:41-42

Hurried Sickness: “A behavior pattern characterized by continual rushing and anxiousness.”

Top ten signs you are moving too fast through life:

- Irritability
- Hypersensitivity
- Restlessness
- Compulsive overworking
- Numbness (emotional)
- Escapism behavior
- Disconnected to our calling or identity
- Unable to attend to your basic needs
- Hoarding
- Slippage in spiritual practices

We have a problem with time, and the solution is not more time.

The solution: Slow down life and build your life around the essentials.

We as human beings are made in the image of God and we are made from the dust of the earth.

We live in this tension, and one of the key tasks in following Jesus is learning to live in your potential and in your limitations. Our culture and even greater church culture only wants to talk about our potential.

Carpe Diem!

Psalm 90:12

Psalm 90:12 NLT

We must learn to live out our days deliberately and intentionally, and it all starts with slowing

Matthew 11:28-30 NIV

Matthew 11:28-30 The Message version

“An invitation to all the tired, the burned out, worn down, and over busy”

“The Jesus way wedded to the Jesus truth brings about the Jesus life...But Jesus as the truth gets far more attention than Jesus the way. Jesus the way is the most frequently evaded metaphor among Christians with whom I have worked for fifty years as a North American Pastor. “ Eugene Peterson, *The Jesus Way*

“The secret involves living as Jesus lived in the entirety of his life—adopting his overall lifestyle... Our mistake is to think that following Jesus consists in loving our enemies, going the second mile, turning the other cheek, suffering patiently...while living the rest of our lives just like everyone else around us does... It is a strategy bound to fail.”

--Dallas Willard, *The Spirit of the Disciplines: Understanding How God Changes Lives.*

Our lives are the by-product of our lifestyles. By life, I mean your experiences of our human condition. Lifestyle means the rhythms and routines that make up your day-to-day life. The Jesus way, would be his lifestyle. If you want the life of Jesus adopt the lifestyle of Jesus.

Luke 9:23-25

Jesus does not offer escape from life, he offers us another way to do life, and this is where the money is!

Adopt the lifestyle of Jesus and then the life of Jesus is a natural bi-product.

Jesus was never in a hurry, and he was always in the moment and present. He was others focused and yet embraced his boundaries and limitations.

In order to take on the easy yoke, most of us would need to slow down

Slow down life and build your life around the essentials.

- 1) Daily silence and solitude
- 2) Fixed hour of prayer
- 3) Fixed hour schedule
- 4) Simple living
- 5) Sabbath

There is a decision to make and you will have to decide every single day. Will you continue to go through life at the speed of sound, and just try to work in a little Jesus stuff here and there, when you have time, when you can fit it in....or will you radically alter the pace of your life, slow it down and instead orient it around the easy yoke of Jesus?

Matthew 11:28-30 The Message version