

# Slowing

## The Ruthless Elimination of Hurry

Randy Hageman

---

Part of The Ruthless Elimination of Hurry How to Stay Emotionally Healthy and Spiritually Alive in the Chaos of the Modern World

October 15, 2023

# The Ruthless Elimination of ~~Hurry~~

A 5-Week Church-Wide Study | September 17 - October 15

*Hurry is the great enemy of spiritual life in our day. You must ruthlessly eliminate hurry from your life.*

—Dallas Willard

**We'll buy almost anything that promises to help us hurry.**

*[Hurry sickness is] above all, a continuous struggle and unremitting attempt to accomplish or achieve more and more things or participate in more and more events in less and less time, frequently in the face of opposition, real or imagined, from other persons.*

—Meyer Friedman

**Jesus:** *The seed cast in the weeds is the person who hears the kingdom news, but weeds of worry and illusions about getting more and wanting everything under the sun*

*strangle what was heard, and nothing comes of it.*

*—Matthew 13:22 (Message)*

## **SYMPTOMS OF HURRY SICKNESS:**

1. **Constantly Speeding Up Daily Activities**
2. **Multi-tasking**
3. **Clutter**
4. **Superficiality**
5. **An Inability To Love**
6. **Sunset Fatigue**

**Because hurry kills love, it is a huge enemy to our spiritual lives.**

**Hurry keeps us from abiding with God long enough to receive His love or give it to His children.**

**Slowing down and waiting on the Lord is how we often see his activity in our lives.**

*But when Jesus heard about it he said, "Lazarus's sickness will not end in death. No, it happened for the glory of God so that the Son of God will receive glory from this." So although Jesus loved Martha, Mary, and Lazarus, he stayed where he was for the next two days. Finally, he said to his disciples, "Let's go back to Judea." —John 11:4-7 (NLT)*

*So [Jesus] told [his disciples] plainly, "Lazarus is dead. And for your sakes, I'm glad I wasn't there, for now you will really believe. Come, let's go see him." —John 11:14-15 (NLT)*

*So they rolled the stone aside. Then Jesus looked up to heaven and said, "Father, thank you for hearing me. You always hear me, but I said it out loud for the sake of all these people standing here, so that they will believe you sent me." Then Jesus shouted, "Lazarus, come out!" And the dead man came out, his hands and feet bound in graveclothes, his face wrapped in a headcloth. Jesus told*

*them, "Unwrap him and let him go!"*

*—John 11:41-44 (NLT)*

**The Lord is always right on time for fulfilling his purposes and doing His greatest works.**

*Our soul waits for the LORD; he is our help and our shield.*

*—Psalms 33:20 (ESV)*

*I waited patiently for the LORD; he inclined to me and heard my cry.*

*—Psalms 40:1 (ESV)*

*The LORD is good to those who wait for him, to the soul who seeks him.*

*—Lamentations 3:25 (ESV)*

*But as for me, I will look to the LORD; I will wait for the God of my salvation; my God will hear me.*

*—Micah 7:7 (ESV)*

*but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.*

*—Isaiah 40:31 (ESV)*

**Hurry can prevent us being able to wait for God.**

**The spiritual practice of slowing - intentionally slowing our lives down so that we can be patient and wait and take in God's best for the daily living of our lives.**

**We're training ourselves to *learn* patience, to *experience* waiting, to live in the here and now because our culture and ourselves are so used to hurrying.**

**What kinds of games can you play to intentionally slow down?**

**Researchers have found no correlation between hurry or**

**Type-A behavior and productivity.**

**The practices of Silence & Solitude, Sabbath, Simplicity and Slowing are practices to help us eliminate hurry in our lives so we can live *today* to its fullest.**

---

**Next Week:** *Romans 6:1-15*

- [Info about “The Ruthless Elimination of Hurry” Series and Groups](#)
- *The Ruthless Elimination of Hurry* by John Mark Comer available on [Christianbook.com](#) and [Amazon.com](#).