



THE RUTHLESS ELIMINATION OF HURRY
PASTOR CODY JOHNSON

"I'm in a hurry to get things done. Oh I rush and rush until life's no fun. All I really gotta do is live and die. But I'm in a hurry and don't know why."
- Alabama, 1992

"Hurry sickness - A malaise in which a person feels chronically short of time, and so tends to perform every task faster and to get flustered when encountering any kind of delay." - Meyer Friedman and Ray Rosenman

Why do we hurry?

- Guilt
- Say "yes" too much
- Comparison
- Technology

Eventually, hurry leads to _____ or a _____.

"Hurry is the great enemy of the spiritual life in our day. You must ruthlessly eliminate hurry from your life." - Dallas Willard

What does your life look like if you ruthlessly eliminate hurry?

"_____."

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you **rest**. Take my yoke upon you. Let me **teach** you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is **light**." *Matthew 11:28-30*

How can we ruthlessly eliminate hurry?

_____.

"Slowing: Cultivating patience by deliberately choosing to place ourselves in positions where we simply have to wait." - John Ortberg

"The basic idea behind the practice of slowing is this: slow down your body, slow down your life." - John Mark Comer

"While he was reclining at the table in Levi's house, many tax collectors and sinners were eating with Jesus and his disciples, for there were many who were following him." *Mark 2:15*

RECLINING

Get _____ from _____.

Very early in the morning, while it was still dark, he got up, went out, and made his way to a deserted place; and there he was praying. Simon and his companions searched for him, and when they found him they said, "Everyone is looking for you." *Mark 1:35-37*

But despite Jesus' instructions, the report of his power spread even faster, and vast crowds came to hear him preach and to be healed of their diseases. But Jesus **often withdrew** to the wilderness for prayer. *Luke 5:15-16*

Wilderness

- Isolated Places
- Desolate Places
- Deserted Places

How will you eliminate hurry in your life?



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burnout, crash
Relaxed
Slow down
away, people