

MOSAIC CHURCH

RESTING

03 Eliminating Hurry

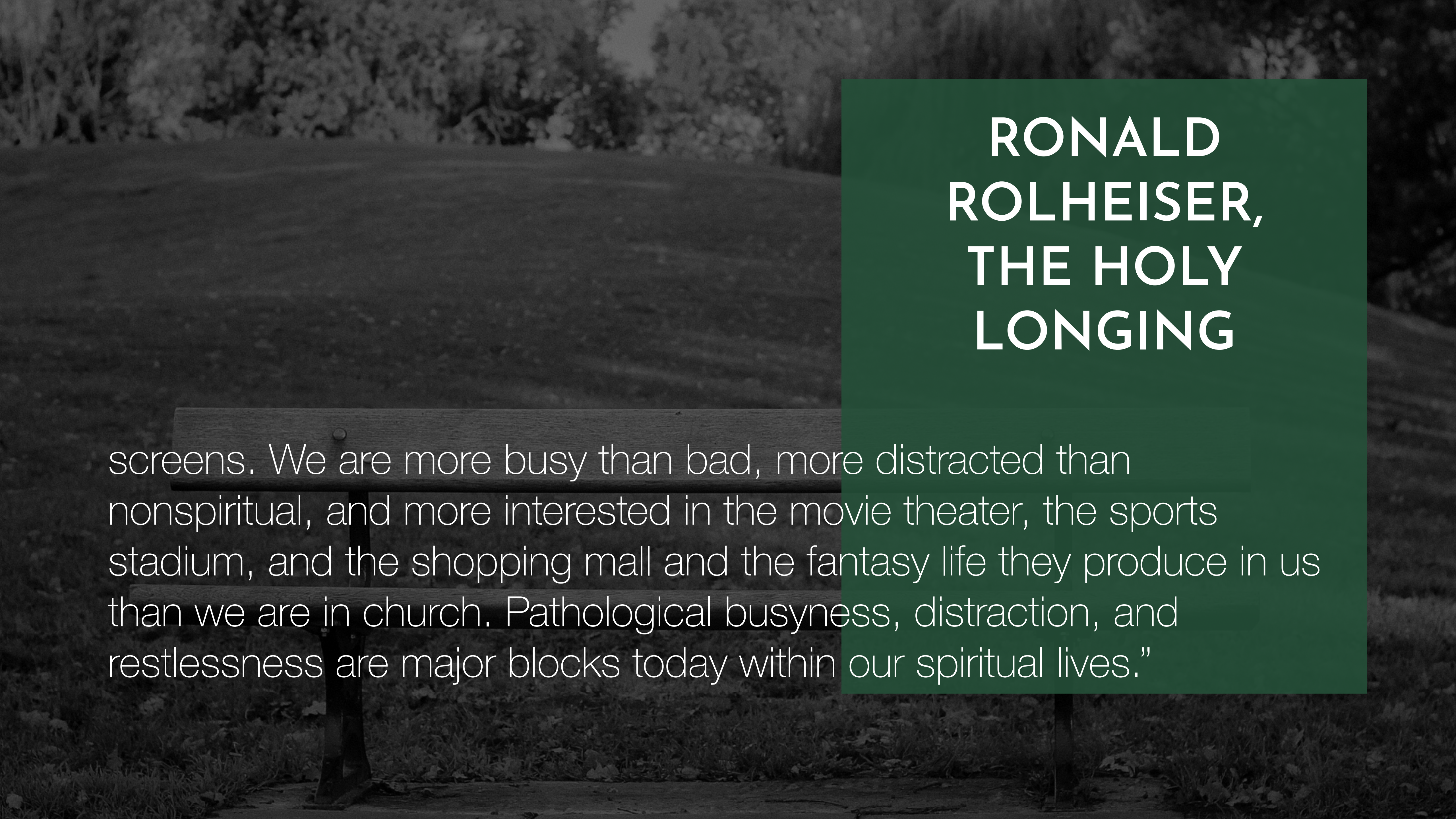
THE WAY OF JESUS





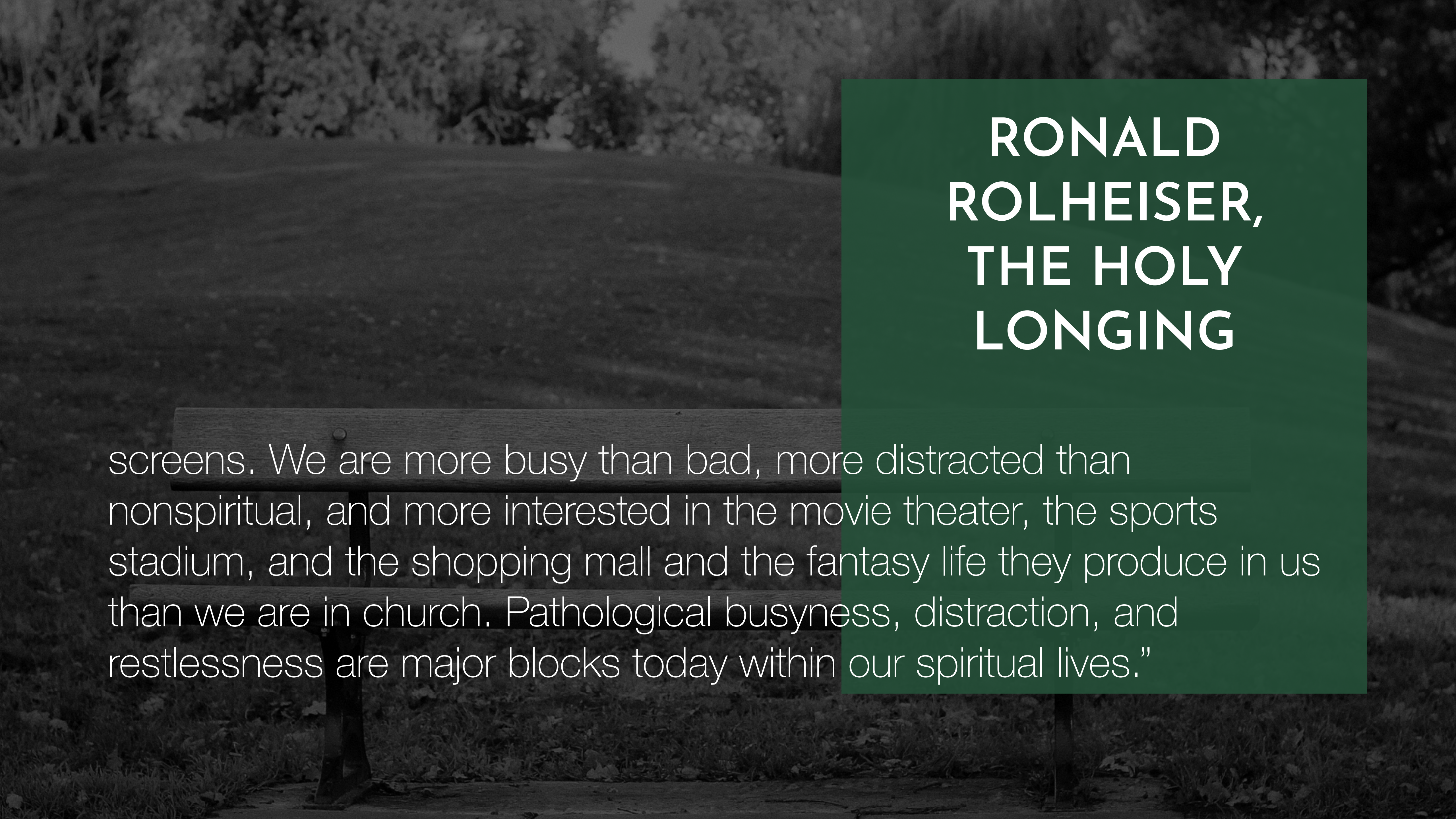
RULE OF LIFE WORKBOOK

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RONALD ROLHEISER, THE HOLY LONGING

“Today, a number of historical circumstances are blindly flowing together and accidentally conspiring to produce a climate within which it is difficult not just to think about God or to pray, but simply to have any interior depth whatsoever.... It is not that we have anything against God, depth, and spirit, we would like these, it is just that we are habitually too preoccupied to have any of these show up on our radar



RONALD ROLHEISER, THE HOLY LONGING

screens. We are more busy than bad, more distracted than nonspiritual, and more interested in the movie theater, the sports stadium, and the shopping mall and the fantasy life they produce in us than we are in church. Pathological busyness, distraction, and restlessness are major blocks today within our spiritual lives.”



RUTH HALEY BARTON, EMBRACING RHYTHMS OF WORK & REST

[Ronald Rolheiser:] “There is a kind of hurry that is a form of violence exercised upon time that is detrimental to our health, to our families, to our communities, and to our relationship with God. Admittedly, there are times when the demands of relationships, family, work, school, church, childcare, shopping, health, appearance, housework, meals, bill payments, commuting, accidents, interruptions, illnesses, and countless other things eat up more time than is seemingly available.



RUTH HALEY BARTON, EMBRACING RHYTHMS OF WORK & REST

Living under pressure is part of life. Still we have to be careful not to rationalize. God didn't make a mistake in creating time; God made enough of it. When we cannot find enough time and, as the psalmist says, find ourselves getting up earlier and going to bed later because we have too much to do, we can see this as a sign to make some changes in our lives. When we allow ourselves to be driven like this for too long, we end up doing violence to time, to ourselves, and to our blood pressure."



JOHN ORTBERG, SOUL KEEPING

“Entering into a very busy season of ministry, I called Dallas [Willard] to ask him what I needed to do to stay spiritually healthy. . . . There was a long pause—with Dallas there was nearly always a long pause—and then he said slowly, ‘You must ruthlessly eliminate hurry from your life.’ I quickly wrote that down. Most people take notes with Dallas; I have even seen his wife take notes, which my wife rarely does with me.



JOHN ORTBERG, SOUL KEEPING

‘Okay, Dallas,’ I responded. ‘I’ve got that one. Now what other spiritual nuggets do you have for me? I don’t have a lot of time, and I want to get all the spiritual wisdom from you that I can.’ ‘There is nothing else,’ he said, generously acting as if he did not notice my impatience. ‘Hurry is the great enemy of spiritual life in our day. You must ruthlessly eliminate hurry from your life.’”



PSALM 46:1-2, 10, NIV

God is our refuge and strength, an ever-present help in trouble.
Therefore we will not fear, though the earth give way and the mountains
fall into the heart of the sea...He says, "Be still, and know that I am
God."

JOHN 11:1-7, NIV

Now a man named Lazarus was sick. He was from Bethany, the village of Mary and her sister Martha. (This Mary, whose brother Lazarus now lay sick, was the same one who poured perfume on the Lord and wiped his feet with her hair.) So the sisters sent word to Jesus, "Lord, the one you love is sick." When he heard this, Jesus said, "This

JOHN 11:1-7, NIV

sickness will not end in death. No, it is for God's glory so that God's Son may be glorified through it." Now Jesus loved Martha and her sister and Lazarus. So when he heard that Lazarus was sick, he stayed where he was two more days, and then he said to his disciples, "Let us go back to Judea."

JOHN 11:17-27, NIV

On his arrival, Jesus found that Lazarus had already been in the tomb for four days. Now Bethany was less than two miles and many Jews had come to Martha and Mary to comfort them in the loss of their brother. When Martha heard that Jesus was coming, she went out to meet him, but Mary stayed at home. "Lord," Martha said to Jesus, "if you had been here, my brother would not have died. But I know that even now God will give you whatever you ask." Jesus said to her, "Your

JOHN 11:17-27, NIV

brother will rise again.” Martha answered, “I know he will rise again in the resurrection at the last day.” Jesus said to her, “I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die. Do you believe this?” “Yes, Lord,” she replied, “I believe that you are the Messiah, the Son of God, who is to come into the world.”

JOHN 11:38-43, NIV

Jesus, once more deeply moved, came to the tomb. It was a cave with a stone laid across the entrance. "Take away the stone," he said. "But, Lord," said Martha, the sister of the dead man, "by this time there is a bad odor, for he has been there four days." Then Jesus said, "Did I not tell you that if you believe, you will see the glory of God?" So they took away the stone. Then Jesus looked up and said, "Father, I thank you


JOHN 11:38-43, NIV

that you have heard me. I knew that you always hear me, but I said this for the benefit of the people standing here, that they may believe that you sent me.” When he had said this, Jesus called in a loud voice, “Lazarus, come out!” The dead man came out, his hands and feet wrapped with strips of linen, and a cloth around his face. Jesus said to them, “Take off the grave clothes and let him go.”



KOSUKE KOYAMA, THREE MILE AN HOUR GOD

“God walks ‘slowly’ because he is love. If he is not love he would have gone much faster. Love has its speed. It is an inner speed. It is a spiritual speed. It is a different kind of speed from the technological speed to which we are accustomed. It is ‘slow’ yet it is lord over all other speeds since it is the speed of love.”



JOHN MARK COMER, THE RUTHLESS ELIMINATION OF HURRY

“Love, joy, and peace are the triumvirate at the heart of Jesus’ kingdom vision. All three are more than just emotions; they are overall conditions of the heart. They aren’t just pleasant feelings; they are the kinds of people we become through our apprenticeship to Jesus, who embodies all three ad infinitum. And all three are incompatible with hurry.... Not only does hurry keep us from the love, joy, and peace of the kingdom of God—the very core of what all human beings crave—but it also keeps us from God himself simply by stealing our attention. And with hurry, we always lose more than we gain.”



SLOWED-DOWN RELATIONSHIPS

Put down your screens when you're together

Give attention at important times of the day



SLOWED-DOWN RECREATION

Find a leisurely hobby

Join something

Play

Take a nap

SLOWED-DOWN HABITS

The discipline of noticing

The Daily Examen



SLOWED-DOWN CHALLENGES

Go to a longer line

Engage in small talk

Drive slower

Parent your phone

Say no



RUTH HALEY BARTON, EMBRACING RHYTHMS OF WORK & REST

“There have to be times in your life when you move slow, times when you walk rather than run, settling into each step...There have to be times when you stop and gaze admiringly at loved ones, marveling that they have been given to you for this life...times when hugs linger and kisses are real, when food and drink are savored with gratitude and humility rather than gulped down on your way to something else. There have to be times when you read for the sheer pleasure of it, marveling at the beauty of words and the endless creativity in putting



RUTH HALEY BARTON, EMBRACING RHYTHMS OF WORK & REST

them together...times when you settle into the comforts of home and become human once again. There have to be times when you light a candle and find the tender place inside you that loves or sorrows or sings and you pray from that place, times when you let yourself feel, when you allow the tears to come rather than blinking them back because you don't have time to cry. There have to be times to sink into the soft body of yourself and love what you love simply because love itself is a grace...times when you sit with gratitude for the good



RUTH HALEY BARTON, EMBRACING RHYTHMS OF WORK & REST

gifts of your life that get lost and forgotten in the rush of things...times to celebrate and play to roll down hills to splash in water or make leaf piles to spread paint on paper or walls or each other. There have to be times to sit and wait for the fullness of God that replenishes body, mind, and soul—if you can even stand to be so full. There has to be time for the fullness of time or time is meaningless.”



PUT THIS INTO PRACTICE

Beginner: Invite a friend out for coffee or a meal and allow the conversation last as long as possible

Baseline: Pause twice during the day to pray the Examen



NEXT WEEK

Pastor Ben Deaver will teach us on the practice of self care



THE LORD'S PRAYER

“Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.”