

**PRACTICAL LIVING SERIES SIX**  
**THE UNHURRIED LIFE**  
**Pastor Jack Schull**  
**Matt. 11:28-30; Luke 8:40-48**

**hook -- video**

(take time walking onto stage – long time)  
 → how many of you felt awkward as stage was empty?  
 it created this tension...didn't it?

Now most of us can identify with the pace of life projected in that video b/c it's the speed of your life – the speed of our culture...there's this internal pace that drives us → and there's tension if we don't keep up...

**T>>** I think Christ's lifestyle wouldn't have been compatible w/ that pace  
 Turn with me to matthew chapter 11

**QUIZ:** confession time...(good family lunch discussion – holidays, we love ea. Other)  
 how many of you have been pulled over – speeding?  
 How many of you should have at one point?

**st** Greeley speeding ticket story

**Matt. 11.28,29** Christ is noticing a hurriedness within them...  
**God's been leading me on a discovery of my hurriedness!**

**STORY** few months ago...leaving church...tay walking lines in parking lot...amy and I in separate cars...scene transformed from nice dad asking son into scene from COPS...(come on / buy biggest coke / chase )  
 I put him in...forgot water bottle...sped off, bottle fell & made noise  
 "what was that noise?" -- water bottle I forgot while I chased you..  
 I sped off & then this response from back seat -- **"why did you forget it?"**

- Like an arrow to my heart – God used that phrase to penetrate yrs of frustration
- God whispered, jack, "why do you feel the need to hurry?" And I didn't have a good answer...

I've hurried for yrs...doing good things, but I still went to bed at night feeling like I was failing – like I missed out on something – I felt worn out!  
 ...I suffer from **hurry sickness – and most of us are infected!**

**T>>** go back with me and look at matt. 11:30

**Matthew 11.30**

**1. hurry sickness robs us of Christ's light burden**

- we have a hard time with a light burden – we think burdens should be heavy
- after all we're American's – its standard issue...pull yourself up by the bootstraps // be all you can be

**ILL** job interview – when asked what is your greatest weakness...  
we tend to say, well I have a hard time saying NO! I'm a workaholic, can't stop  
No one says... "well, I'm incredibly lazy. Give me a coke, pretzels and it's scary  
how much time I can waste...I start things well, but never finish 'em..."

- we feel like we should be driven faster, doing more, working harder, b/c if we don't – we're somehow failing in the American Dream..
- our status is linked to the degree of our stress
- light burdens are hard to come by in the world that lives by the slogan..."I did it my way"

**ILL** ever seen an old ox plow – it had space for 2 oxen – working side by side  
they shared the work, the responsibility – it was an interactive process  
  
Christ is using that language to call us to live our lives strapped in beside him  
Our assignments, projects – every aspect of life is not to be pursued solo...

- Christ is saying to all of us infected by hurry sickness: I want you to live with a light burden ---- partner up with me!

## 2. Christ wants us to experience His rest...

### Matt. 11:28

- If Jesus' words were true....why was i not sensing "rest" – i was just caught up in a "rush"

**somehow, someday i had switched His promise of rest for a list**

**T>>** Christ wants us to experience his rest – but we often get robbed of that rest – there's this intense inner struggle. That inner drive to rush – has invaded and permeates our culture...

think about it:

- We invented the fast food rest. & when it got too long to go in – we knocked a hole in the wall, created the drive thru...so to eat food the way God intended...in our cars on the way to number next
- Best selling shampoo combines shampoo & conditioner to eliminate that all too time consuming 2<sup>nd</sup> rinse
- We teach our kids – green =go / red=stop / yellow = hurry up!!

This inner drive to rush is breed into us & it reinforces this **hurry sickness**

### **QUIZ** – r u infected?

- As you approach stoplight – ever survey 2 cars in front and move into lane behind the "faster" one
- Ever nod faster in conversations to speed pp up? Or worse you start helping them finish their \_\_\_\_\_?(sentences)
- Time yourself to see if you beat personal best for an errand, chore?
- Do you roll your eyes, temp rises when someone needs a pricecheck?
- Ever come back from vacation – say I need a vac. from my vacation?

- Set up mock races with your kids to see how fast they can clean up, get dressed – not b/c it's fun, but it's really about your need to get thru duty?

*We navigate life under the illusion that if we move faster, we'll have more time...  
– but it's a psychological mirage.*

Christ wants us to exp His rest...not a spiritual catnap, but a lifestyle fitted with rest in the middle of life's schedule...

### 3. hurry sickness leads to fatigue

**matt. 11.28** (weariness, burden)

**ILL** we tend to think that this audience Jesus spoke too didn't struggle with hurry They rode around in wagons, slowly walked everywhere, had no where to go That America is so busy compared to them...

- jesus makes this statement about mankind – no matter the generation
- hurry sickness infects all of humanity...it's our natural bent...

**T>>** we suffer fatigue from hurriedness and it plays out in our lives thru many symptoms:

#### speeding up daily activities

(read faster, listen faster, talk faster, become bothered by having to wait

#### We start multi-tasking our lives

- Find ourselves doing & thinking more than 1 thing @time

**ILL** Like people who shave, do their make-up, drink coffee, read the paper, listen to news, talk on the phone – **all in car – as they drive to work!**

#### We're impaired by cluttered lives

- A hurry sick person lacks simplicity – surrounded by ½ done projects

**Q?** What's the condition of your garage?

Fatigued we: **Wade thru relationships with superficiality**

**Quote:** Richard Foster wrote: “superficiality is the curse of our age.” (skim across top)

#### **Greatest symptom: diminishes our capacity to love**

- love and hurry are incompatible – love takes time and time is something hurried people don't have...
- And I promise you – hurry sickness kills spiritual growth!

#### pause

Now, the bible is not saying – we should all be couch potatoes – Or that we shouldn't be about working hard – in fact, the bible puts working hard and being about accomplishing things in a positive light

Christ is calling us to a life of doing the right things – at the right time – in the right way – for the right reasons

- what taylor needed from me in that parking lot, was not a chase – companion

- I needed to walk the lines / celebrate him! -- he needed my love not a lecture

**T>>** Jesus operated in a state of love: he was busy, but never hurried!  
He lived his life engaging in this practice of slowing...

### Look @ Luke 8

**T>>** we tend to think of spiritual disc. as prayer, study, meditation, fasting  
There are many other practices that Jesus engaged in that draw us into His style of living and as a Christ follower – we’re called to form those same habits...

Just as we regularly practice prayer, study, meditation – we need to engage in the disc. of slowing...b/c **the practice of slowing helps heal us from the wounds of “hurry sickness”**

#### Story background: 8:40-48

- Jesus is returning to an expectant crowd – they heard he was coming , they’re there to see him
- Jairus is prominent man in town and begging him to come heal his daughter...
- Jesus was moved to action...on the way, in the midst of the hustle...jesus noticed what everyone else missed...

### Luke 8.40-48

**T>>** There are a few pts we can draw from this passage that help us cultivate the unhurried life

#### 1. Tasks never override people!

**Q>>** did you wound the spirit of your spouse or child this week as you hurriedly went about accomplishing your agenda?

We see in the life of Jesus – how he always hit the pause button on life, when it came to ministering to the people around him

- People mattered more than any project!

**ILL** Many of you will watch tv later today...slumped on the couch with remote in hand... Ever wonder what it would be like to have a remote control for your life? Would yours have tons of buttons, with lots of options... How about a huge fast forward button = to skip over the work week to the weekend ...skip over that BIG test @ school

Ever wonder what Jesus’ remote would look like?

I’m convinced He’d have one like this...play/pause are the only buttons!

- His life was played out for all to see...but he often hit pause to spend time with the Father and to love on the people that crossed his path
- I ripped the buttons off my remote to remind me not to get hurried and miss the people God brings my way – or to speed by my own family

## 2. slowness ministers to aloneness

### Luke 8.44-47a

Ever wonder why she came up behind...in secret?

- This woman was an untouchable...she wanted to be quick and go unnoticed...she had faith, but didn't want it to be recognized
- she was suffering in aloneness and wanted to be healed there – but Jesus stopped to minister to her aloneness! -- **he gave attention, affirmation & reinstated her**
- **she was healed – why did he stop?**
- For us, physical healing seems enough – but it wasn't complete ---
- **JESUS HEALS COMPLETELY!**
- Jesus always chose to love those who weren't on his schedule -- he ministered to them physically – but he also ministered to their aloneness...

### **ILL**

Couple of months ago...our cash flow was limited...I'd told Taylor, I'd take him to McD's. I'd been working a lot and this was our bonding day...so we broke open our change jug...(do you have a change jug) ever paid in change, don't you feel second class, it's still money do you know how awkward and somewhat embarrassing it was to pay in change...i felt like everyone was impatiently waiting for the bozo with the ziplock bag of money, as I continued to layout my dimes on the counter...I felt this internal pressure to hustle...

But I was ministering to my son's aloneness – by choosing to take time off & break a social norm -- to spend time with him

## 3. be sensitive to the people around you

### luke 8.45,46

- notice Peter's chuckle...notice the crowd and the commotion
- observe that Jesus noticed what everyone else missed – he was sensitive

→Hurry clouds are ability to notice divine meetings...

To notice the people God places in our path to stop and love on...

I believe the heart of God aches to use his children in daily ministry oppt all around us...we just don't see it as we go running by...

- **Hurry just might be the biggest weapon -satan fires against christians in our culture**

### **Quote:**

**john ortberg:** BOOK: *the life you've always wanted*

“It's b/c it kills love that hurry is the greatest enemy of the spiritual life. Hurry lies behind much of the anger and frustration of modern life. Hurry prevents us from receiving love from the Father or giving it to His children. That's why Jesus never hurried. If we are to follow Jesus, **we must ruthlessly eliminate hurry from our lives** --

T>> I want to encourage you to start practicing the discipline of slowing...what a great time to start as we begin a new year...so, if you're struggling with hurry – try these...

**Practical Action steps:**

- For next month – drive in slow lane – don't swerve to pass people
- Declare a fast from honking
- Cut the words "hurry up" out of our vocabulary
- For a week – eat your food slowly (chew each bite 15x)
- Go thru a day without your watch
- Next time @ grocery store – pick the longest line and get in it!

**start weaving solitude moments into your day:**

Jesus modeled too us the need to take time, unplug and spend moments with the Father...to get reprogrammed to live for things of the Kingdom of God and not for the Kingdom of Things...

**Think of solitude as spiritual detox for people wanting to become fully devoted followers of Christ**

**Start practicing small stints of solitude:**

- Practice some focused times of pausing to be with God, to listen
- To be loved on by Him and express your love back

Solitude fights against hurry sickness – It's like spiritual Vitamin C

closing

illustration:

**my son's new tortoise and hare computer game...you know the story!  
rabbit is always in a rush, turtle is slow  
turtle wins the race...his favorite is the turtle, and that's just fine with me!**

**Because as a Christ follower...we must ruthlessly eliminate hurry from our lives**

Will you stand with me for a closing prayer

- If you're visiting today, I'd sure love to meet you
- Or maybe you're struggling this morning & just need someone to pray with you

**Now, we're going to practice slowing a little this morning...we're not going to hurry out of here. We've built in a some time of worship for us to pause and reflect**

So as we sing, if you need to - you come join us over here

Let's Pray:

Father, I thank you that you're never in a hurry – you always have time for us  
Thank you for your Son – who modeled a life for us to follow – I pray that we'd learn to follow it well. Reprogram us to live the unhurried life...  
Father, continue to transform us to be a community that brings you Glory and a smile to your face...I ask these things, in Jesus name, Amen

