

## HURRY:

THE GREAT ENEMY OF SPIRITUAL LIFE

Matthew 11:28-30

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

Jesus in Matthew 11:28-30 (The Message)

Honestly, I can't relate...

Am I missing something?

The secret of the easy yoke:

"In this truth lies the secret of the easy yoke: the secret involves living as (Jesus) lived in the entirety of his life – adopting his overall life-style... Our mistake is to think that following Jesus consists in loving our enemies, going the second mile, turning the other cheek, suffering patiently and hopefully – while living the rest of our lives just as everyone else around us does... it's a strategy bound to fail."

Dallas Willard

The secret: if you want to experience the life of Jesus, you have to adopt the lifestyle of Jesus.

"A yoke is a work instrument. Thus when Jesus offers a yoke he offers what we might think tired workers need least. They need a mattress or a vacation, not a yoke. But Jesus realizes that the most restful gift he can give the tired is a new way to carry life, a fresh way to bear responsibilities... Realism sees that life is a succession of burdens; we cannot get away from them; thus instead of offering escape, Jesus offers equipment.

(continued...)

Jesus means that that obedience to his Sermon on the Mount (his yoke) will develop us in a balance and a 'way' of carrying life that will give more rest than the way we have been living."

Frederick Dale Bruner

There's just one problem: to take up the easy yoke, we need to slow down.

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

Dallas Willard

"It may be the case that 1) Christians are assimilating a culture of busyness, hurry and overload, which leads to 2) God becoming more marginalized in Christians' lives, which leads to 3) a deteriorating relationship with God, which leads to 4) Christians becoming even more vulnerable to adopting secular assumptions about how to live, which leads to 5) more conformity to a culture of busyness, hurry and overload. And then the cycle begins again."

Michael Zigarelli

"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... We are distracting ourselves into spiritual oblivion... pathological busyness, distraction, and restlessness are major blocks today within our spiritual lives."

Ronal Rolheiser

A little bit of history...

Monks

Cologne, Germany

Edison

The dishwasher and Sci-Fi

7/11

2007 (the iPhone)

Something is deeply wrong in our culture.

## Hurry sickness:

- "A behavior pattern characterized by continual rushing and anxiousness."
- Dictionary.com
- "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."
- Psychology Today

Hurry is a form of violence on the soul.

- 1. Irritability
- 2. Hyper-sensitivity
- 3. Restlessness
- 4. Compulsive overworking
- 5. Numbness
- 6. Escapist behaviors
- 7. Disconnected from our identity and calling
- 8. Not able to attend to human needs
- 9. Hoarding energy
- 10. Slippage in spiritual practices

Ruth Haley Barton, Strengthening the Soul of Your Leadership

The solution isn't more time...

It's to slow down and simplify our life around the essentials.

## Four practices to slow down your life:

- 1. Sabbath
- 2. Silence and solitude
- 3. Simple living
- 4. Slowing down the overall pace of life

A "rule of life":

Think: the trellis and the vine

What kind of person will you become?

We all have to decide: will we continue at breakneck speed through life and just try to work in a little Jesus' stuff along the way? Or will we radically alter the pace of our life, slow down, and take up the easy yoke with Jesus?