

## “The Ruthless Elimination of Hurry”

Matthew 11:28-30

October 17, 2021

**Introduction:** The average iPhone user touches his or her phone \_\_\_\_\_ times a day.

What would my life be like if \_\_\_\_\_ touched my \_\_\_\_\_ as frequently as I touch my phone?

Hurry is a state of \_\_\_\_\_ effort in response to inadequacy, fear, and guilt.

Hurry is the great \_\_\_\_\_ of spiritual life.

*“Hurry is not of the devil; hurry is the devil.” – Psychiatrist Carl Jung*

It is important to not be \_\_\_\_\_ of “doing nothing.”

The goal is to do calmly and effectively – with strength and joy – that which really \_\_\_\_\_.

### Why Is It Important?

Rates of anxiety and depression are at all-time highs.

Cases of depression rose by 53 million globally (up 28%). Cases of anxiety rose by 76 million (up 26%).

Who are you \_\_\_\_\_?

*“Why am I in such a rush to become somebody I don’t even like?” – John Mark Comer*

*“If the devil can’t make you bad, he’ll make you busy.” – Deanne, 1996 Disciple Bible Study*

Sin and \_\_\_\_\_ have the same effect – they cut off connection to God, to other people, and to your own \_\_\_\_\_.

We have to \_\_\_\_\_ how to deal with the \_\_\_\_\_ of not being busy.

Hurry and love are \_\_\_\_\_. (*1 Corinthians 13:2-4*)

You can’t \_\_\_\_\_ or share with your children or grandchildren that which you don’t \_\_\_\_\_ or have.

There are \_\_\_\_\_ on the other side of hurry.

*“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.” – Kosuke Koyama*

Love, joy, and peace are the way of \_\_\_\_\_. All \_\_\_\_\_ are incompatible with hurry.

A culture of hurry is then the “\_\_\_\_\_” culture.

### How Do We Do It? (*Matthew 11:28-30*)

The rabbis spoke of the \_\_\_\_\_ of the law. (*Matthew 5:17-20*)

Jesus regarded his claim or yoke as more \_\_\_\_\_ and more rewarding. (*Matthew 5:21-24*)

It is hard to be \_\_\_\_\_ when you are reconciled and rested.

This yoke is more demanding and \_\_\_\_\_ at the same time.

The secret to happiness is being \_\_\_\_\_ in the moment.

Put on your calendar days and times you plan to do \_\_\_\_\_.

God sounds like: “Date your \_\_\_\_\_.” “\_\_\_\_\_ with your kids.” “\_\_\_\_\_ the dog before bed.”

*“To walk with Jesus is to walk with a slow, unhurried pace. Hurry is the death of prayer and only impedes and spoils our work. It never advances it.” – Walter Adams, Spiritual Director to C. S. Lewis*

### Action Steps

Form your “To \_\_\_\_\_” list: What can I delete, delay, delegate or do now?

Deal with the \_\_\_\_\_ of not being busy.