



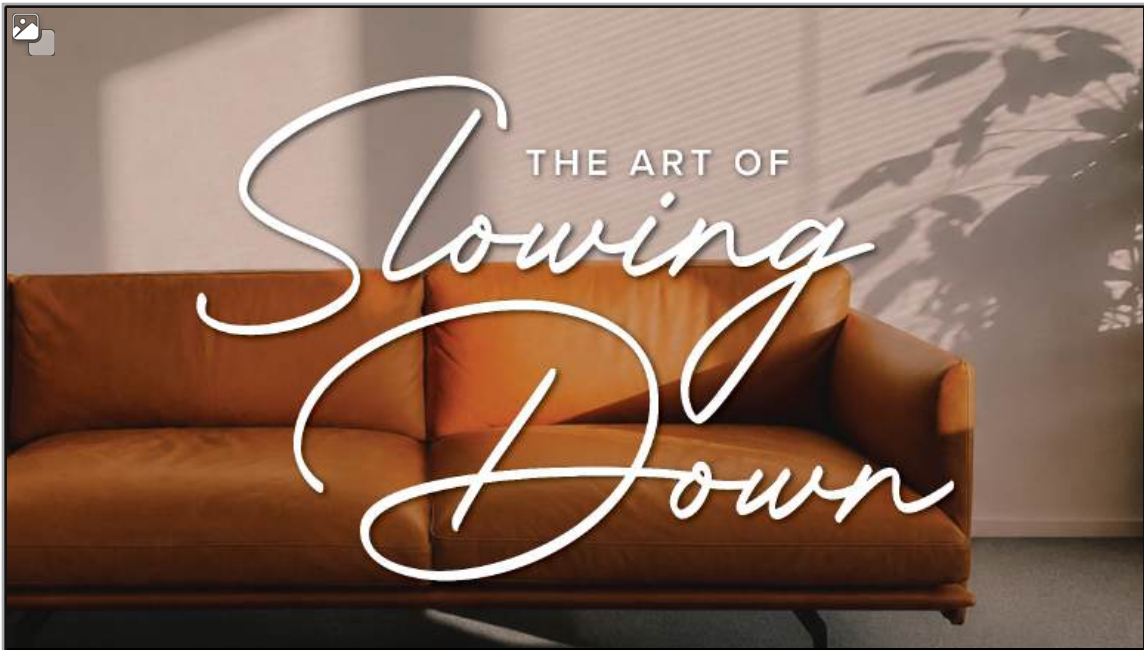
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Reset Keying - Wait for it - 10 seconds



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Start Theme Slide



Busy Is Our Badge of Honor

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Jesus was busy, but he was not in a hurry.

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³¹Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest."

Mark 6:31 (NIV)

8

Mark 6:31 (NIV)

"You can be busy and still be present.
But you cannot be in a hurry and still
be present."

9

Caveat: Busyness may not be your struggle
in this season of life. If you actually have
margin right now, don't feel guilty — God
may be calling you to use it. Your kids or
grandkids are almost certainly living in a
hurried season, and you can be the one
who lightens their load.

10

THE TRUTH IS MOST OF US ARE BUSY:

- Finishing school
- Starting or building a career, practice, or business
- Starting a family
- Parenting preschoolers or elementary-age kids
- Parenting teenagers, preparing to launch them
- Grandparents helping to raise grandkids

11

1. Many of us suffer from "hurry sickness".

12

²⁵“My days are swifter than a runner;
they fly away without a glimpse of joy.

Job 9:25 (NIV)

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Job 9:25 (NIV)

Hurry Sickness: A pattern of continual
rushing and anxiousness.

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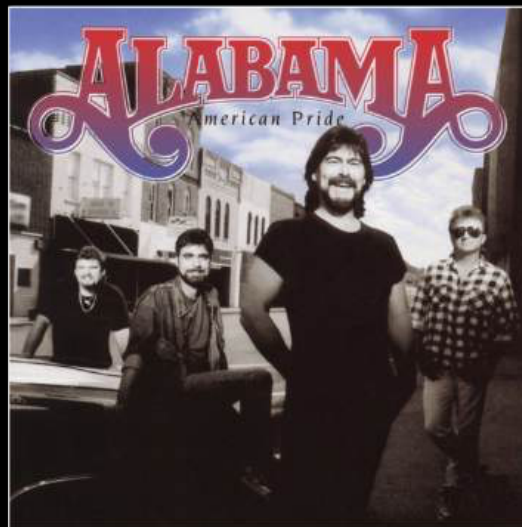
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A continuous struggle and unremitting attempt to accomplish or achieve more and more things — or participate in more and more events — in less and less time.

”

Dr. Meyer Friedman

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HURRY SICKNESS-PHYSICAL SYMPTOMS:

- Increased anxiety and blood pressure
- Added stress on the heart
- Weakened immune system
- Trouble sleeping
- Muscle tension and headaches

18

HURRY SICKNESS-MENTAL/EMOTIONAL SYMPTOMS:

- Poor focus, impaired working memory
- Impaired decision-making
- High anxiety
- Quick temper
- Blocked ability to enjoy the present moment

19



“

If the devil can't make
you sin, he'll make you
busy.

-Corrie Ten Boom

”

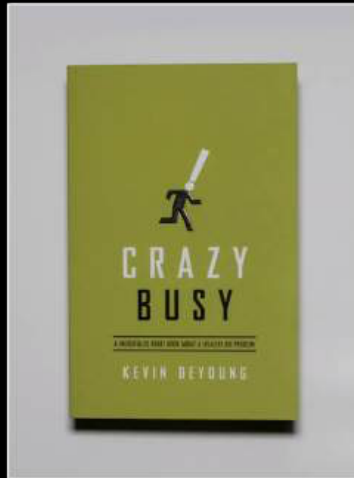
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2. Why do we hurry?

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Some busyness is external (season of life, professional stage, seasonal demands). But to be honest— **most of it is chosen.**

22



23

WHY DO WE HURRY? THE KILLER "P'S":

- Pride
- People-pleasing
- Pats on the back
- Performance evaluation
- Possessions
- Proving myself
- Pity
- Poor planning
- Perfectionism
- Posting

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3. Hurry costs more than just time. It costs us the fruit of a healthy soul.

25

²²But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness,
²³gentleness and self-control. Against such things there is no law.

Galatians 5:22-23 (NIV)

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Galatians 5:22-23 (NIV)

²⁶I have no peace, no quietness;
I have no rest, but only turmoil.”

Job 3:26 (NIV)

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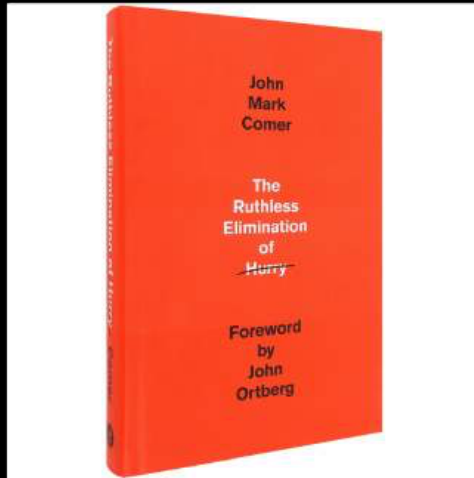
Job 3:26 (NIV)

¹As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. ²Be completely humble and gentle; be patient, bearing with one another in love.

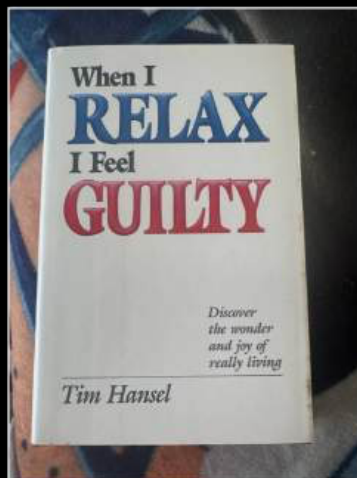
Ephesians 4:1-2 (NIV)

28

Ephesians 4:1-2 (NIV)



29



30

“ I was dominated by “shoulds,” “ought to’s,” and “musts.” I would awaken unrefreshed in the morning, with a tired kind of resentment, and hurry throughout my day. I was exhausted trying to be everything that others wanted me to be, forgetting that God loves and accepts me as I am. I chose to believe, in more than just words, that my worth and identity was defined by what I do rather than who I am in Christ.

Tim Hansel, *When I Relax I Feel Guilty* ”

31

- Workaholism or nonstop activity that drains your family
- Emotional numbness — trouble empathizing with others' pain or your own
- Neglect of your body — sleep, exercise, meals, friendships
- Escapist habits — social media, bingeing, substances, pornography

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TWO PICTURES FROM LUKE 10:

- The effects of hurry — Mary and Martha (Luke 10:38–42)

33 Group

³⁸As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him.

³⁹She had a sister called Mary, who sat at the Lord's feet listening to what he said.

⁴⁰But Martha was distracted by all the preparations that had to be made.

Luke 10:38-42 (NIV)

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Luke 10:38-42 (NIV) 1 of 2

She came to him and asked, “Lord, don’t you care that my sister has left me to do the work by myself? Tell her to help me!”

⁴¹“Martha, Martha,” the Lord answered, “you are worried and upset about many things,
⁴²but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken from her.

Luke 10:38-42 (NIV)

TWO PICTURES FROM LUKE 10:

- The effects of hurry — Mary and Martha (Luke 10:38–42)
- The impact of slowing down — The Good Samaritan (Luke 10:30–37)

³⁰In reply Jesus said: "A man was going down from Jerusalem to Jericho, when he was attacked by robbers. They stripped him of his clothes, beat him and went away, leaving him half dead.

³¹A priest happened to be going down the same road, and when he saw the man, he passed by on the other side.

Luke 10:30-37 (NIV)

³²So too, a Levite, when he came to the place and saw him, passed by on the other side.

³³But a Samaritan, as he traveled, came where the man was; and when he saw him, he took pity on him.

³⁴He went to him and bandaged his wounds, pouring on oil and wine.

Luke 10:30-37 (NIV)

Then he put the man on his own donkey,
brought him to an inn and took care of him.
³⁵The next day he took out two denarii and
gave them to the innkeeper. 'Look after him,'
he said, 'and when I return, I will reimburse
you for any extra expense you may have.'

Luke 10:30-37 (NIV)

³⁶"Which of these three do you think was a
neighbor to the man who fell into the hands
of robbers?"

³⁷The expert in the law replied, "The one
who had mercy on him."
Jesus told him, "Go and do likewise."

Luke 10:30-37 (NIV)

The Princeton Seminary Experiment:

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- High hurry: only 10% stopped to help
- Medium hurry: 45% stopped
- Low hurry: 63% stopped

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When we're always in a hurry, we miss
the chance to love our neighbor as
God intends.

43

WHAT SLOWING DOWN AND CONNECTING
WITH GOD PRODUCES:

- The ability to see the needs of others
- A heart capable of compassion
- The bandwidth to be inconvenienced

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To be used by God, we must first slow down and reduce the hurry in our lives.

45

Dallas Willard's Charge

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