

08-30-2026 Message



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

Many of us exhibit symptoms of “Hurry Sickness:” a pattern of continual rushing and anxiousness.

3

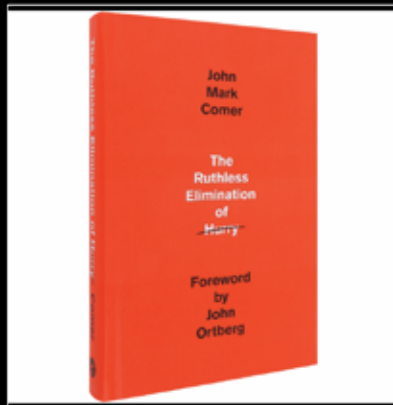
“—————
A continuous struggle and unremitting attempt to accomplish or achieve more and more things — or participate in more and more events — in less and less time.

—————”
Dr. Meyer Friedman

4

Why should we slow down?

5



“ All my worst moments
are when I am in a hurry.
Love, joy, and peace...
are incompatible with
hurry.

”
John Mark Comer, *The
Ruthless Elimination of Hurry*

6

STAY IN A HURRY TO:

- Miss the awareness of God's presence with us
- Miss noticing the needs of people around us
- Be robbed of love, joy, and peace

7

Hurry negatively impacts our ability to love. We don't have the time or energy to love well when we are in a hurry.

8

⁴Love is patient and kind. Love is not jealous or boastful or proud
⁵or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged.

1 Corinthians 13:4-5 (NLT)

9

1 Corinthians 13:4-5 (NLT)

Hurry feeds anxiety and replaces a sense of peace with the nagging feeling that we are running behind.

10

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

Job 3:26 (NIV)

11

Job 3:26 (NIV)



MICHELLE JACKSON
MEMBER SINCE 2014

3:47.06

12

Michelle Jackson Testimony_v02.mp4



How can we live wisely in the
busyness of life?

13

¹⁵Be very careful, then, how you live—not as
unwise but as wise,
¹⁶making the most of every opportunity,
because the days are evil.

Ephesians 5:15-16 (NIV)

14

Ephesians 5:15-16 (NIV)

How do we make the most of the time
we have?

How do we prioritize?

15

¹⁰Fear of the LORD is the foundation of
wisdom.

Knowledge of the Holy One results in good
judgment.

¹¹Wisdom will multiply your days
and add years to your life.

Proverbs 9:10-12 (NLT)

16

Proverbs 9:10-12 (NLT) 1 Of 2

¹²If you become wise, you will be the one to benefit.
If you scorn wisdom, you will be the one to suffer.

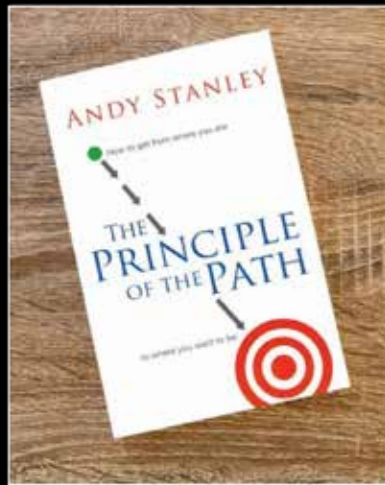
Proverbs 9:10-12 (NLT)

17

Proverbs 9:10-12 (NLT) Last of 2

A wise person has reverence for God
and is teachable. A foolish person is
not open to correction.

18



“ The truth is, life is connected. Where you are today is a result of decisions you made yesterday, and where you will be tomorrow is connected to what you do today. ”

Andy Stanley, *The Principle of the Path*

19

⁷Don't be misled—you cannot mock the justice of God. You will always harvest what you plant.

⁸Those who live only to satisfy their own sinful nature will harvest decay and death from that sinful nature. But those who live to please the Spirit will harvest everlasting life from the Spirit.

Galatians 6:7-9 (NLT)

20

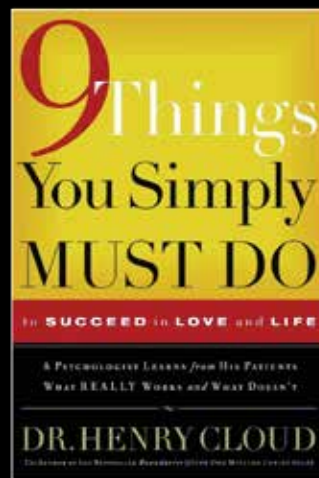
Galatians 6:7-9 (NLT) 1 of 2

⁹So let's not get tired of doing what is good.
At just the right time we will reap a harvest
of blessing if we don't give up.

Galatians 6:7-9 (NLT)

21

Galatians 6:7-9 (NLT) Last of 2



22

“
Sowing and reaping is much bigger than the
immediate connection between what I am
doing now and what will occur immediately
following. Sowing and Reaping is about what
I will ultimately end up with (take in, live with,
be stuck with, and so on) if I sow this
particular behavior,
Henry Cloud, *9 Things You Simply Must Do*”

23

Henry Cloud Quote 1 of 2

“
Choice, attitude, value, or strategy. It
is the long-term view. More accurately,
it is the end view. What will happen in
the end is the question that the wise
person seeks to answer.
Henry Cloud, *9 Things You Simply Must Do*”

24

Henry Cloud Quote Last of 2

Play the movie.

25



26

Truth 1: We are all on a path

27

⁵Trust in the LORD with all your heart
and lean not on your own understanding;
⁶in all your ways submit to him,
and he will make your paths straight.

Proverbs 3:5-6 (NIV)

28

Proverbs 3:5-6 (NIV)

⁵Trust in the LORD with all your heart;
do not depend on your own understanding.
⁶Seek his will in all you do,
and he will show you which path to take.

Proverbs 3:5-6 (NLT)

29

Proverbs 3:5-6 (NLT)

IDENTIFY THE PATH YOU'RE ON:

- Spiritually
- Marriage
- Family/parenting
- Career

30

Look at your schedule.

Your schedule reflects your priorities
and direction.

31

“

How we spend our days is, of course,
how we spend our lives.

Annie Dillard, *The Writing Life*

”

32

Truth 2: We are responsible for
choosing the path.

33

¹⁵ Live purposely and worthily, not as the unwise
but as wise people,

¹⁶ making the very most of the time.....

¹⁷ Do not be vague and foolish, but understand
and firmly grasp what the will of the Lord is.

Ephesians 5:15-17 (AMP)

34

Ephesians 5:15-17

¹⁵....Choose for yourselves this day whom you will serve.....But as for me and my household, we will serve the LORD.”

Joshua 24:15 (NIV)

35

Joshua 24:15 (NIV)

¹⁶This is what the LORD says:
“Stand at the crossroads and look;
ask for the ancient paths,
ask where the good way is, and walk in it,
and you will find rest for your souls.
But you said, ‘We will not walk in it.’

Jeremiah 6:16 (NIV)

36

Jeremiah 6:16 (NIV)

“

We get to where we should be the
same way we got to where we
shouldn't be. One step at a time — in
a particular direction.

Andy Stanley, *The Principle of the Path*

”

37

Our choices - not our intentions -
determine our direction and our
outcome.

38

Truth 3: By God's grace we can change
the path we are on.

39

⁵Trust in the LORD with all your heart;
do not depend on your own understanding.
⁶Seek his will in all you do,
and he will show you which path to take.

Proverbs 3:5-6 (NLT)

40

Proverbs 3:5-6 (NLT)

¹²The prudent see danger and take refuge,
but the simple keep going and pay the
penalty.

Proverbs 27:12 (NIV)

41

Proverbs 27:12 (NIV)



42

The consequences of our choices and the direction we're heading might not be immediate.

43

How does the principle of the path work for us and not against us?

44

⁷Don't be misled—you cannot mock the justice of God. You will always harvest what you plant.

⁸Those who live only to satisfy their own sinful nature will harvest decay and death from that sinful nature. But those who live to please the Spirit will harvest everlasting life from the Spirit.

Galatians 6:7-9 (NLT)

⁹So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.

Galatians 6:7-9 (NLT)

A. Assume responsibility for your time and schedule.

47 Group

Stop complaining. Start choosing.

You can't change your circumstances until you start changing your choices.

48

B. Be intentional — clarify your priorities.

49

What is most important?
Who is most important?

50

³³But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Matthew 6:33 (NIV)

51

Matthew 6:33 (NIV)

C. Recognize the cumulative value of investment — and of neglect.

52

Most of the really important things in life aren't measured incrementally — they're measured cumulatively.

53

Small investments of time, over time, make all the difference.

54



55



56

Small. Specific. Repeated.

One step at a time, in a particular direction.

57

⁷Do not be deceived: God cannot be mocked. A man reaps what he sows.

Galatians 6:7 (NIV)

58

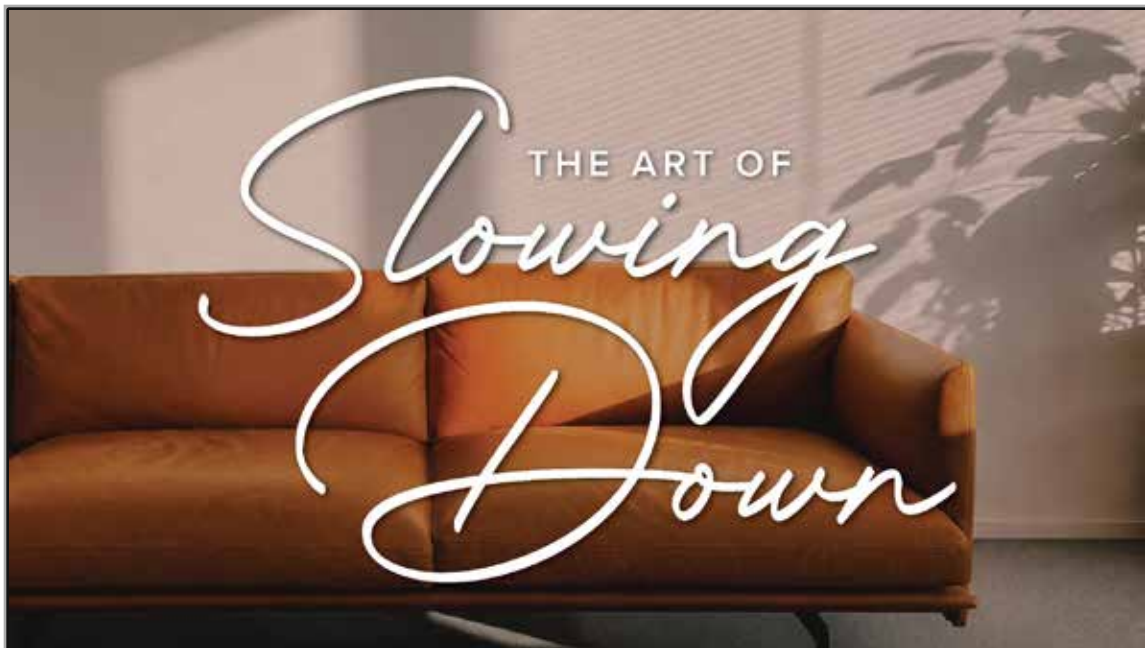
Galatians 6:7 (NIV)

⁹Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

Galatians 6:9 (NIV)

59

Galatians 6:9 (NIV)



60 Group

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