
Week 1: Intro to The Unhurried Life

Notes include work from John Mark Comer: *The Ruthless Elimination of Hurry* and also from www.practicingtheway.org

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

- 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."

- Matt 11:28-30 (Message)

TABLE TALK:

Read the scripture above. With your table (or a few friends nearby or online) reflect on the following questions.

1. How closely does this invitation of Jesus match your actual experience of life as a follower of Jesus? What is the same or different? What tensions arise between the life Jesus invites you to and the one you are actually living?
2. If you resonate with this scripture - do you remember a time when you didn't? What changed?

Watch Video: "The Case for an Unhurried Life"

"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

Trying to follow Jesus' teachings without also adopting the life style of Jesus, the rhythms, pace, and practices that fueled Him, will be frustrating. Jesus has a way of living his life in relation to the Father, to others, to the scriptures, in work, and in community that is distinct from the busyness around us. Trying to keep pace with the world's expectations of time and it's goals for success while trying to "stuff bits of Jesus" into the little pieces of our lives left over is exhausting. It will not produce the life of the "easy yoke" Jesus is talking about.

Hurry Sickness Self Assessment

Look over this list of "hurry sickness symptoms" (adapted from Ruth Hayley Barton).
How many of these symptoms do you recognize in your life?

Irritability

Easily frustrated, agitated, low grade anxious behaviour. Negative, impatient with those closest to you and with unexpected interruptions with others and with unexpected interruptions.

Hyper-sensitivity

Easily hurt feelings or offended. Ordinary problems result in a disproportional emotional response. You can't seem to "roll with the punches."

Restlessness

Can't settle into rest even when the opportunity is there. Anxious multi-tasking. Trouble sleeping. Try to pray but can't stay focused. Checking your phone every few minutes compulsively.

Compulsive Overworking

Don't know when to stop. Accomplishment & accumulation are your "drug of choice".

Numbness

Difficulty recognizing and feeling the breadth of human emotions. Empathy burnout.

Escapist Behaviours

Binge watching Netflix/tv, scrolling social media, overeating, over drinking, porn. Short term comforts in place of soul building rest.

Disconnected from our identity & calling

You're busier than ever, yet you don't feel like you have time for what really matters to you. You prioritize the urgent over those things you *said* were most important in your life.

Caring for Human needs

Sleep, nutrition, relationships, exercise etc.

Hoarding Energy

Holding back our emotional energy. Not reaching out in relationships or to people in need because we feel we don't have emotional capacity to care.

Slippage in Spiritual Practices

When you're over busy the things that are life giving to your soul are often the first to go instead of the first "go to" such as: a quiet time in the morning, scripture, prayer, Sabbath, worship on Sunday, a meal with your community etc.

TABLE TALK:

Read Luke 10:38-42

1. **What were the differences between Mary and Martha's behaviour while Jesus was around? In what ways do they reflect the healthy and unhealthy busyness John Mark talked about?**

In this passage, Martha was distracted by all the preparations while Mary took advantage of her time sitting with Jesus. It's easy to see Martha's perspective - we all have many responsibilities that can't be neglected. But, in this story, Jesus wants to teach us what is most important in our lives: spending time with him.

2. **Do Mary's actions bother you? If so, why?**

Martha's neglect of Jesus shows us how a busy schedule can disconnect us from what's important. Her hurry might have felt necessary, but she missed Jesus.

3. **When you are busy this week, what could you do to make space for spending time with Jesus? What responsibilities can wait until you've spent time with the Lord?**
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Read: Philippians 4:4-7

Many people struggle to slow down due to the guilt and anxiety that comes from not being productive every moment of the day. God invites us to replace our anxiousness with HIS peace and rest.

- **What is your initial response to hearing "be anxious for nothing"? What do you typically worry about?**
- **What does Paul suggest we do instead of being anxious in these verses? What does he say the outcome will be?**
- Often the times when we are most anxious are the times that seem most difficult to slow our bodies and minds enough to pray and ask for God's peace. **What are some ways you have tried to help slow yourself down and invite God into your anxious place?**