

B. Fun Steps- make it a game

- Glorify God with your BODY!!! (Rom 12:2, I Cor 6:20, I Thess 5:23)
- Adopt or come up with your own games- make it fun!

1. Driving

2. Shopping

3. Eating

4. Boundaries for tech

- Phone
- Texting
- E-mail
- Social Media

5. Boundaries for your brain- periods of no multi-tasking

- What's the speed of love? About 3 mph. Jesus knew how to go slow, because Jesus knew how to love

❖ **WHAT'S GOD SAYING TO YOU?** – write it down, pray it back, DO IT, and share it with others!

Heavenly Father, slow me down. Help me learn to love, and stop treating myself and others like a machine. This week, help me take regular minutes of silence, be present and see interruptions as opportunities to love. Show me how to slow down in the normal activities of life- driving, shopping, eating, texting. All so that, we become more like Jesus and bring more to Jesus. I especially hear You saying, ...

**FOLLOWING RABBI JESUS- SLOWING, Mk 5:21-43, 10/9/22**

**GETTING OUR FEET WET- Why can't we slow down even on vacation?**

**DIVING INTO SCRIPTURE – learning to WAIT on the Lord!**

- Ps 4<sup>4</sup> When you are on your beds, search your hearts and be silent. <sup>8</sup> In peace I will lie down and sleep, for you alone, LORD, make me dwell in safety.
- Ps 23<sup>1</sup> The LORD is my shepherd, I lack nothing. <sup>2</sup> He makes me lie down in green pastures, he leads me beside quiet waters, <sup>3</sup> he refreshes my soul.
- Ps 27 <sup>14</sup> Wait for the LORD; be strong and take heart and wait for the LORD.
- Ps 46<sup>10</sup> He says, "Be still, and know that I am God;
- Ps 130<sup>5</sup> I wait for the LORD, my whole being waits, and in his word, I put my hope. <sup>6</sup> I wait for the Lord more than watchmen wait for the morning, more than watchmen wait for the morning.
- Ps 131:2<sup>2</sup> But I have calmed and quieted myself, I am like a weaned child with its mother; like a weaned child I am content.
- Isa 26 <sup>3</sup> You keep him in perfect peace whose mind is stayed on you, because he trusts in you.
- Isa 30:15<sup>15</sup> "In repentance and rest is your salvation, in quietness and trust is your strength, but you would have none of it."
- Isa 40 <sup>30</sup> Even youths grow tired and weary, and young men stumble and fall; <sup>31</sup> but those who wait on the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

**THE BIGGEST CURE FOR HURRY SICKNESS**

A. Jesus is our Model

B. Good Habits are our friend

- Good habits help us do later what we can't do now

C. Jesus' habits

1. Silence & solitude
2. Slowing- what was Jesus' pace?? (Mk 5:21-43)

- What's the speed of ...

SYMPTOMS OF HURRY SICKNESS – do you have a hard time slowing? Being patient? Waiting on the Lord?

A. Speeding through tasks

Driving	Texting
Shopping	
Eating	Multi-tasking

B. Emotionally frazzled – no margins

C. Out of control

1. Clutter-ized

2. B\_\_\_\_\_

3. Tyranny of the urgent

- If this is who we are in our “regular” life, how can we expect to wait on the Lord in our spiritual life?

CAUSES BEHIND OUR LOVE FOR HURRY

A. The Image of God – made to rule & reign- invent & improve

B. The Image of Sin = hurry without God’s love

1. Pride- we want to be I\_\_\_\_\_

2. Greed- we always want more

3. Selfish- we want to spend our extra time on ourselves

C. The Whirlpool of our Society

1. Our inventions

- 1913- the \_\_\_\_\_
- 2007- the I-Phone- computer, phone & Internet together – WOW!

2. Their effect- without the balance of God’s love

- PSALM 115<sup>8</sup> THOSE WHO MAKE IDOLS WILL BE LIKE THEM, AND SO WILL ALL WHO TRUST IN THEM.
  - Warning- We become what we worship!
  - Warning- Without God’s love, our inventions invent us.

MACHINE MENTALITY	IMAGE OF GOD MENTALITY
Assembly Line	Craftsman
I-Phone	Farmer
Robot	Shepherd- Following Rabbi Jesus

- I am human being, not a machine!
- I am not created for a life I am too busy for.

PRACTICAL STEPS

C. 3 Spiritual steps

1. Silence & solitude- 1 minute of silence
2. Be present
3. See interruptions as opportunities to love (MK 5:21-43)