

**Matthew 11:28** – Jesus said: **“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.”** What is Jesus telling us to do in these statements?

1. Come to me.
2. Take my yoke.
3. Learn from me.

Question: “What do I need to do to become the me I want to be?”

Answer: “You must ruthlessly eliminate the hurry from your life. Hurry is the great enemy of spiritual life in our day. You must ruthlessly eliminate hurry from your life.” – Dallas Willard

What commitments and indulgences do you have in your life that keep you busy?

“Corrie ten Boom once said that if the devil can’t make you sin, he’ll make you busy. ...Sin and busyness have the same effect. They cut off your connection to God, to other people, and even to your own soul.” What examples do you see around you in your life?

Charleston Southern University School of Business study –

1. Christians are assimilating to a culture of busyness, hurry and overload, which leads to;
2. God becoming more marginalized in Christians’ lives, which leads to;
3. A deteriorating relationship with God, which leads to;
4. Christians becoming vulnerable to secular lifestyles, which leads to;
5. More conformity to a culture of busyness, hurry and overload. Can you recognize this cycle around you?

Love, joy, and peace are the triumvirate at the heart of Jesus’s kingdom vision. All three are not compatible with hurry.

**Love** - Love is not hurry.

**1 Cor. 13:4** – Paul wrote: “Love is patient, love is kind...” Why is love patient?

The Japanese theologian Kosuke Koyama wrote: “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.” What is he saying about love?

**Joy** – Joy is not hurry.

If there’s a secret to happiness, it’s simple - presence to the moment. The more present we are to the now, the more joy we tap into. Can you see that you will experience more joy if you savor the moments you are in? What are some examples?

**Rom. 15:13** – Paul wrote – “May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.”

What is the relationship between joy, hope, and the Holy Spirit?

Why do we crave joy?

How does the world try to fill the void of joy without the Holy Spirit?

**Peace** – Peace is not hurry.

**John 14:27** – Jesus said – **“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”** What is the peace that Jesus is talking about? How do you define peace?

**Philp 4:6-7** – Paul wrote - **“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding will guard your hearts and your minds in Christ Jesus.”**

What does being “anxious” entail in our mindset?

How are we to present our requests to God?

What is the consequence of our prayers and petitions? Why does it “transcend all understanding”?

How does “the peace of God” guard our hearts and minds? What does it mean to “guard”?

**Ronald Rolheiser** (Catholic writer) wrote – “We, for every kind of reason, good and bad, are distracting ourselves into spiritual oblivion. It is not that we have anything against God, depth, and spirit, we would like these, it is just that we are habitually too preoccupied to have any of these show up on our radar screens. We are more busy than bad, more distracted than nonspiritual, and more interested in the movie theater, the sports stadium, the shopping mall and the fantasy life they produce in us than we are in church. Pathological busyness, distraction, and restlessness are major blocks today within our spiritual lives.”

**Luke 10:41** – Jesus said – **“Martha, Martha,” the Lord answered, “you are worried and upset about many things, but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her.”**

Are you willing to slow down?