

“Waiting for our souls to catch up with our bodies.” What does this mean to you?

Hurry Sickness – A behavior pattern characterized by continual rushing and anxiousness. A malaise in which a person feels chronically short of time, and so tends to perform every task faster and to get flustered when encountering any kind of delay.

Can you think of anyone that reminds you of this? Have you ever found yourself in this mode?

Doctors have found that many heart patients are people who attempt to accomplish more and more things in a shorter and shorter amount of time.

“The Time Cure” – in this book, the authors offer 3 symptoms of hurry sickness:

1. Moving from one check-out line to another because it looks shorter/faster.
2. Counting the cars in front of you and either getting in the lane that has the least or is going the fastest.
3. Multi-tasking to the point of forgetting one of the tasks.

Can you think of other examples of hurry sickness symptoms?

We all have a degree of “hurry sickness”. Here are 10 symptoms to help you determine if you have this illness:

1. **Irritability** – You get mad or frustrated at the slightest things.
2. **Hypersensitivity** – Minor things can set you off or hurt your feelings.
3. **Restlessness** – You have trouble relaxing.
4. **Workaholicism** – You don’t know when to stop or you just can’t stop.
5. **Emotional numbness** – You have no empathy for others’ pain.
6. **Out-of-order priorities** – You’re too busy to do what is really important to you.
7. **Lack of care for your body** – You neglect the needs of your body; sleep, exercise, and nutrition.
8. **Escapist behaviors** – You escape reality by indulging in distractions such as overeating, porn, overdrinking, binge watching, social media, video games, etc. just to escape the “hurry life”.
9. **Slippage of spiritual disciplines** – You neglect time with God because you are too tired and too busy.
10. **Isolation** – You feel as though you are alone, and nobody understands you, not even your family, friends, or God.

Which of these symptoms pertain to you? What examples in your life can you think of?

Emotional Epidemic – In a recent study, 39 percent of Americans said they are more anxious than they were a year ago.

What are some of the reasons people are feeling more anxious and have less peace in their lives?

Hurry kills relationships because love takes time. Hurry kills joy, gratitude, and appreciation because it doesn’t give you the ability to envelope the goodness of the moment. Hurry kills wisdom.

Prov. 19:11 – “A man’s wisdom gives him patience; it is to his glory to overlook an offense.”

Why does hurry kill wisdom and how does it do it?

Attention leads to awareness. If we are hurrying through life, we fail to be attentive and thus fail to be aware of others, our surroundings, and most importantly God. If God is omnipresent and thus exists everywhere, why are we unaware of Him?

“God is dead” was the mantra of the 60’s. But many feel that God is dead today or at least not active. But is God really dead and not present around us and in our lives, or are we so infused with hurry that we cannot recognize Him right in front of us?

Do you sometimes get frustrated that God is not more active and vocal in your life? How have you dealt with this?

In “A Guide to the Good Life”, William Irvine wrote:

“There is a danger that you will mislive – that despite all your activity, despite all the pleasant diversions you might have enjoyed while alive, you will end up living a bad life. There is, in other words, a danger that when you are on your deathbed, you will look back and realize that you wasted our one chance at living. Instead of spending your life pursuing something genuinely valuable, you squandered it because you allowed yourself to be distracted by the various baubles life has to offer.”

Baubles - a small, showy trinket or decoration. "clutch bags embellished with glittering baubles"

What baubles can you think of that you are decorating your life with today?

Mark 8:36 – Jesus said: “What good is it for a man to gain the whole world, yet forfeit his soul?”

Are people forfeiting their soul and filling it with the hurry of worldly pursuits and self-gratifications?

What will this lead to?