The Problem of Hurry

Brent Moody · Luke 10:38–42

INTRODUCTION

- I want to talk for a few minutes about the idea of being hurried in life, being so caught up in the things around us that we actually can't focus on what actually matters most.
- Not only is she distracted and too busy to focus on what actually mattered, she's also trying to hinder her sister, who's sitting at Jesus' feet trying to learn from him.

1 The Foundational Problem: Separate Body and Mind

Genesis 1:26–28; Genesis 1:31; Romans 12:1

- In the modern religious world, we actually very often neglect the positive role of the body when it comes to discipleship and Christ-likeness.
- God created the body, he created it for a purpose, and the body is good.
- Discipleship is about what we think and it is about what we believe, but it is also very much about what we do.

2 We Love Hurry

- From 1980-ish, 20,000 or so, and now there are over 200,000 fast food locations.
- We're so much in this culture and in the society pushed towards speed, and we value that and we praise it, that it just becomes part of our daily routine in a very bad way.

3 Speed Kills: Hurry Sickness

- Everything is about speed. But interestingly, speed kills.
- A cardiologist, Meyer Friedman, coined the phrase, hurry sickness.
- All of this points to something that is very much not Christ like. It is not what it looks like to be a disciple, to follow Jesus.

4 What the Proverbs Say About Hurry

Proverbs 14:29–30; Proverbs 16:32; Proverbs 19:2

- A tranquil heart gives life to the flesh, but envy makes the bones rot.
- Whoever is slow to anger is better than the mighty. He who rules his spirit than he who takes a city.
- Whoever makes haste with his feet misses his way. Hurried actions lead to missteps.
- Her hurried life is standing in the way of sitting at the feet of Jesus and learning, like her sister.

5 The Symptoms of Hurry Sickness

- Irritability. You get angry quickly over small, normal things.

- You can’t relax even when you try. You may not be doing much, but you always think about how much you have to do.
- Out of order priorities. You’re always getting sucked into the tyranny of the urgent.
- Isolation. You just feel disconnected from God, from others, even yourself.
- The goal is to help us all understand how badly we need a disciplined life. Learning from Jesus and finding rest for our souls.

6 Training, Not Just Trying Really Hard

- What if training and not just trying really hard is the actual path to Christ likeness?
- Trying hard is not the path to Christ’s likeness. He invites us to learn. To train. That’s what discipleship is.
- For I am gentle and lowly in heart, and you will find rest for your souls. This is the promise he’s making.
- If we’re too busy to train as disciples, what is the likelihood that we will ever be prepared to act properly when the moments of decision present themselves.
- Realizing the process is part of the goal. We’re trying to become like Jesus. We are his disciples. And that is actually the easy yoke.

THE CHALLENGE

I encourage you, and I encourage myself this morning. I think we’re probably all many of us in the same place to begin thinking about processes and goals along the way to get us to where we really want to be.

MY NOTES