

## Hurry Up!

A particular married couple are very good friends of mine. He moves at a very calm, relaxing pace. Her pace is fast forward. He spreads butter on his breakfast toast in the time it takes her to take the kids to soccer practice and do the laundry. She is always pleading with him, often with great exasperation in her voice, to Hurry Up!

How do you move through your life – often in a rush, or do you take the more relaxed, easy going path? For me it doesn't seem to matter what I am doing, putting the cover on the boat, preparing a meal, raking the lawn.....the gas pedal is on high. Fast is never fast enough. When I get in the car, I just want to be there....it is in fact, contrary to a recent cliché, for me it is about the destination, NOT the journey! Frantic might be a good word to use here. And I find it very frustrating when I am doing chores with my wife Heather. She is quiet, relaxed, she moves calmly through the litany of jobs that we do around our house and cottage. It drives me crazy! Hurry up!

Have a look at these statements and consider your response - Yes, no, or sometimes.

1. You go through your day with a constant sense of urgency.
2. You notice underlying tension in close relationships.
3. You have a preoccupation with escaping.
4. You often feel frustrated because you're not getting things done.
5. You sense that time is passing too quickly without you getting what you really want out of life.
6. You have a persistent desire for a simpler life.
7. You have little time for love.
8. You find that you're often trying to do many things at once.
9. You have lost a sense of gratitude and wonder about life.
10. You sometimes have a gnawing feeling that there has to be more to life than this.

If you responded Yes to more of these than No, you may have

Hurry-itis! Notice sometime, any of those things that you rush through.

Was there really much advantage? What difference would it have made to perform these things in a slow, calm, easy going pace and a relaxed state of mind? Have you ever noticed that those cars you fly by on the open road catch up to you when you hit your first stop light?

There are 3 major illusions that many of us live with :

#1. Someday things will settle down.

The only thing that is going to change is our attitude and behaviour. All we can ever do, is determine what **we** say and do, not the rest of the world. Things are going to be as they are going to be. How do you want to navigate through them?

#2. There is a difference between being busy and being hurried.

Busy has to do with our outward condition.

Hurry has to do with inward stressors and competing priorities. It creates all sorts of tension within us which sometimes fires off and lands on others.

#3. Someday 'more' will be enough.

The distance between **more** and **enough** is an unbridgeable chasm.

Mike Bellah is accredited with saying, "To be content is not to have all you want, but to want only what you have."

So you might be asking yourself what does any of this have to do with your faith? What has this got to do with you being a disciple? Does God really care about any of this?

Consider this - That well worn, well loved passage, "for everything there is a season and a time for every matter under heaven." If you suffer from Hurry-itis, you might be saying, "I want that season and that time NOW! Hurry Up!"

In Matthew 11, Jesus is preaching and he says, "Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest."

The Message puts it this way, "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."

And finally, Psalm 46, "Be still and know that I am God". Be still. Be still. Quiet yourself, inside and out. Listen for God. Be open to a leading, a nudge, a prompt.

In this series we have been exploring on Spiritual Pathways, we have been having a look at, among other things, quiet, solitude, cell phones!

Hurry-itis and Being Still are diametrically opposed. Surrendering to the notion of a season for everything - waiting calmly for that season to arrive - a call to lay our burdens down.

We also talked about the notion of growing, the concept of change, the idea of becoming and evolving .....the longing to grow in your relationship with God. We easily recognize that the beautiful, innocent

children who gather at the front for the children's story can grow and evolve and become. Are we as open to this at 40 or 60 or 80 or more? Are you? Or have you arrived?

When it comes to opening up conversations about things that matter, do any of us really need to engage in even more conversations about the weather? How often do you share with other, conversations about your Spiritual Pathways, or your Spiritual journey? How many conversations do you have with others, wondering where God is in the midst of earthquakes, forest fires, hurricanes, horrific killings? How often do you speak with others about how you experience God?

Can you think of what helps you enter into these kinds of conversations? What might keep you from having these kinds of conversations?

The real question is this - Do you really want to change, or do you just want to hear about it as theory? How open are you to being challenged, or would you just prefer a comforting pat on the head?

What difference do you want coming to church make in you? How do you want to grow in your relationship with God? How do you want to get even better at living out your faith, putting it into action?

If you are serious about this, then it takes some intentional, deliberate action.....even baby steps.

The invitation is there.

The way is clear.

The choice is yours.

God bless you on your journey.