



ENGAGE

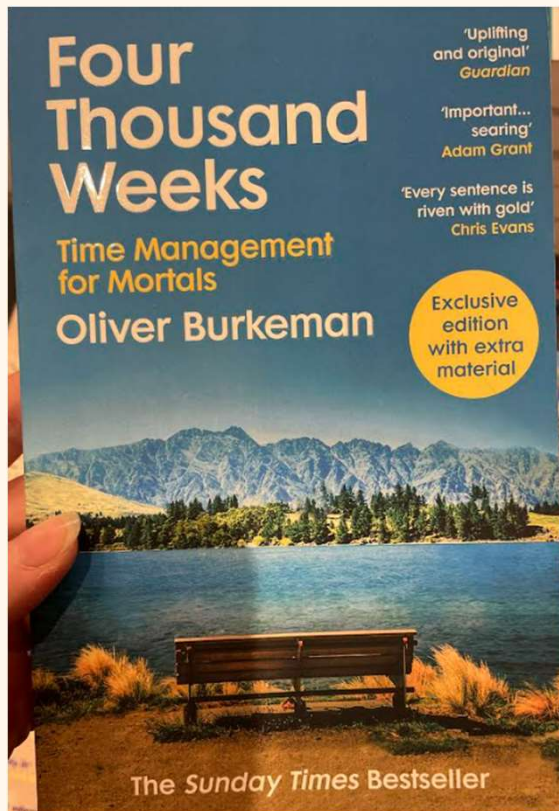


“Not enough hours in the day”:

Haste, hurry, hustle and
abiding in Christ

‘Having too much to do speeds everything up to a pace which is incompatible with giving and receiving love, firstly with God, and then with others.’

(John Mark Comer, ‘The Power of Margin in a World Without Limits’, *Unhurrying with a Rule of Life* podcast)



Four Thousand Weeks: Time Management for Mortals

Oliver Burkeman

The Nap Ministry

500k+ followers on Instagram



Discussion: 10 minutes

- 1. What areas or responsibilities of your life cause you to hurry?**
- 1. How does it make you feel to be hurrying/having too much to do? How does it make you feel to be seen by others to be having to hurry? What impact does your hurry have on those around you?**
- 1. Do you consciously plan margin into your days and weeks when you are considering your plans? Why/why not? [Margin here means time unassigned to tasks/responsibilities]**
- 1. How do you think your relationship with hurry affects your experience of your relationship with God?** Think about what it could feel like to live each day full of the love and joy and peace which comes from abiding in Christ. Is that appealing? Is it your experience? Does it seem possible?

‘How we spend our days is of course how we spend our lives. What we do with this hour and that one is what we are doing.’

(Annie Dillard, *The Writing Life*)

‘Who we are is just what we get up and do each day’

(Dolly Alderton, *Ghosts*)

‘He offers his [disciples] a whole new way to bear the weight of our humanity: with ease. At his side. Like two oxen in a field, tied shoulder to shoulder, with Jesus doing all the heavy lifting. At his pace. Slow. Unhurried. Present to the moment. Full of love and joy and peace.’

(John Mark Comer, *The Ruthless Elimination of Hurry*)

‘Anyone who doesn’t have an entire day off per week is entirely barmy. Why would any of us wreck God’s pattern of a day off a week by reading work emails?’

What kind of self-destructive, self-seeking, disobedient, unbelief kind of attitude reads work emails on your one day off a week?

We destroy ourselves psychologically if we do not follow God’s patterns and gifts, and receive them.’

Julian Hardyman

Rethinking rest as...

‘Creating space to open yourself up to a power far beyond your own – that of the holy spirit. [...] creating time and space to access God himself at the deepest level of your being.

Sabbath is an act of trust in God. It is how we practise the sovereignty of God – not just believing it in our heads, but living it in our bodies.’

(John Mark Comer, *The Ruthless Elimination of Hurry*)

‘Sabbath is not a ‘day off’ paid work during which you get your chores done.

Its holistic, broad definition is **anything which indexes your heart towards grateful recognition of God’s reality and goodness.**’

(John Mark Comer, *The Ruthless Elimination of Hurry*)

‘Sabbath is more than just a day – it is a **way of being** in the world. It’s a spirit of restfulness that comes from abiding, from living in the Father’s loving presence all week long.’

(John Mark Comer, *The Ruthless Elimination of Hurry*)

As you abide in peace, so will your delight increase.

(Sufjan Stevens, ‘The Greatest Gift’)

‘True restfulness is a form of awareness, a way of being in life. It is living ordinary life with a sense of ease, gratitude, appreciation, peace and prayer. We are restful when ordinary life is enough.’

(Ronald Rolheiser, *The Shattered Lantern: Rediscovering a Felt Presence of God*)

Discussion: 10 minutes

- 1. When did you last feel like you were resting in thankful worship, for more than just an hour's Sunday service at Eden? How can you regularly schedule this? What stops you from scheduling this?**
- 1. What could this look like for you even this week? Or looking ahead to Lent?**
- 2. What's the one small change you could make which could create some space and margin? Or, how will you enter the type of rest which is defined by worshipful gratitude? The kind of rest which is lifegiving to you?**

The Bright Field - R. S. Thomas

I have seen the sun break through
to illuminate a small field
for a while, and gone my way
and forgotten it. But that was the
pearl of great price, the one field that
had
treasure in it. I realise now
that I must give all that I have
to possess it. Life is not hurrying

on to a receding future, nor
hankering after
an imagined past. It is the turning
aside like Moses to the miracle
of the lit bush, to a brightness
that seemed as transitory as your
youth
once, but is the eternity that awaits
you.