

Overcoming Hurry Sickness

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*Teach us to number our days,
that we may gain a heart of wisdom.*

Psalm 90:12 NIV

_____ is the great enemy of spiritual life in our day.

“You must ruthlessly eliminate hurry from your life.” ~ Dallas Willard

Being busy is a condition of your _____.

Being hurried is a condition of your _____.

“How much do I care about the things I care about?” ~ Mark Buchanan

Sabbath is a spiritual practice, a weekly rhythm that helps us towards our efforts to ruthlessly eliminate hurry and helps us reclaim our hearts so that we don't stop caring about what we care about.

Deuteronomy 5:12-15 NLT

Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your oxen and donkeys and other livestock, and any foreigners living among you. All your male and female servants must rest as you do. Remember that you were once slaves in Egypt, but the Lord your God brought you out with his strong hand and powerful arm. That is why the Lord your God has commanded you to rest on the Sabbath day.



Two things Sabbath is NOT:

1. A _____.

2. A day of _____.

Four Qualities of a Biblical Sabbath

...On that day no one in your household may do any work...

Deuteronomy 5:14 NLT

You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest...

Deuteronomy 5:13-14 NLT

Remember that you were once slaves in Egypt, but the Lord your God brought you out with his strong hand and powerful arm...

Deuteronomy 5:15 NLT

Observe the Sabbath day by keeping it holy... but the seventh day is a Sabbath day of rest dedicated to the Lord your God...

Deuteronomy 5:12, 14 NLT

If Sabbath rest helps us overcome hurry sickness, preserves our heart so we might continue to care about the things we care about, and enables true rest, delight and play, why is it so hard to practice?

In a word: _____