

# SEEKING STILLNESS (SLOWING DOWN)

## A THOUGHT ON BEING STILL

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In a world where we are defined by the influence we have, the products we produce, the KPI's we meet, the platform we build; where our worth & identity has never been more tied to these things, nothing may be as powerful or as Punk Rock in this modern era than to **Stop, Slow down and be Still.**

Don't get me wrong, this is not a practice about giving up or being distracted and lazy. This is about giving over control, being discerning and deliberate. "Being Still" may be the hardest, and possibly one of the most impactful, practices of Jesus for our modern time.

To be still and KNOW He is God. Not to be still.... but check emails. Not to be still..... but worry a little. Not to be still..... but rush through it, because you're important and needed. NO. Be still and Know, or maybe for this season the challenge is to **Be still and learn, and grow in the Knowledge that God has got IT.**

Let's be finding ways or rhythms to be still with God this Month and going forward.

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KEY VERSES

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*Psalms 46:10*

*Proverbs 19:2*

*John 11*

*1 Corinthians 13:4-7*

*Philippians 4:6*

*Matthew 11:28-30*

*1 Thessalonians  
4:10-13*

*Matthew 16:26*

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TEACHING

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# **SMALL TABLES**

## **TREKING TOGETHER**

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### **FORM**

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**THIS MONTH FIND SOME PEOPLE TO TALK WITH & DISCUSS THE FOLLOWING QUESTIONS.**

**THESE QUESTIONS ARE JUST A GUIDE TO HELP YOU DISCUSS WHAT YOU FOUND ENCOURAGING AND CHALLENGING ABOUT THIS PRACTICE.**

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### **QUESTIONS**

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**WHAT IS GOD SAYING TO YOU THROUGH THIS PRACTICE/SCRIPTURE?**

**WHAT ARE YOU WRESTLING WITH IN TERMS OF THIS PRACTICE?**

**WHAT'S ENCOURAGING YOU ABOUT THIS PRACTICE?**

**WHAT IS GOD ASKING YOU TO DO, MOVING FORWARD?**

**WHAT DID YOU THINK OF THE SYMPTOMS OF "HURRY SICKNESS" ATTACHED, WERE YOU CHALLENGED BY ANY OF THEM? DISCUSS.**



**#THETRANSFORMATIONTREK - SEEKING STILLNESS  
(SLOW DOWN)**

# 10 SYMPTOMS OF HURRY SICKNESS

***Here are 10 indicators of being "too busy" or "too rushed"***

*Taken from the Book "Ruthless Elimination of Hurry" by John Mark Comer*

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## ***1. Irritability.***

*You get mad, frustrated, or just annoyed too easily. Little things irk you. People have to tiptoe around your ongoing low-grade negativity, if not anger. For this, don't look at how you treat a colleague or neighbour. Look at how you treat those closest to you—your spouse, children, roommate, etc.*

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## ***2. Hypersensitivity.***

*All it takes is a minor comment to hurt your feelings, a grumpy email to set you off, or a little turn of events to throw you into an emotional funk and ruin your day. Minor things quickly escalate to major emotional events. The point is, the ordinary problems of life this side of Eden have a disproportionate effect on your emotional well being and relational grace.*

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## ***3. Restlessness.***

*When you actually do try to slow down and rest, you can't relax. You give Sabbath a try and you hate it; you read Scripture but find it boring; you have quiet time with God but can't focus your mind; you go to bed early but toss and turn with anxiety; you watch TV but simultaneously check your phone (who's with me); fold laundry but also answer your email.*

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## ***4. Workaholism or just nonstop activity.***

*You just don't know when to stop, or worse you can't stop. Your drugs of choice are accomplishment and accumulation. These could show up as careerism or just obsessive house-cleaning and errand-running. The result: You fall prey to sunset fatigue, where by days' end you have nothing left to give to your spouse, children or loved ones. They get the grouchy, curt, over-tired you and it's not pretty.*



# 10 SYMPTOMS OF HURRY SICKNESS

*10 indicators of being "too busy" or "too rushed"*

## **5. Emotional numbness.**

*You just don't have the capacity to feel another's pain or your own pain for that matter. Empathy is a rare feeling for you. You just don't have the time for it. You live in this kind of constant fog.*

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## **6. Out of order priorities.**

*You feel disconnected from your identity and calling. You're always getting sucked into the tyranny of the urgent, not the important. You're busier than ever before yet still feel like you don't have time for what really matters to you most.*

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## **7. Lack of care for your body**

*You don't have time for the basics: eight hours of sleep a night, daily exercise, healthy home cooked food, minimal stimulants, margin. You gain weight, get sick many times a year, regularly wake up tired, don't sleep well, live off the four horsemen of the industrialized food apocalypse: caffeine, sugar, processed carbs, and alcohol.*

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## **8. Escapist behaviors.**

*When we're too tired to do what's actually life giving for our souls, we each turn to our distraction of choice: over eating, over drinking, binge watching Netflix, browsing social media, surfing the web, looking at porn—name your preferred cultural narcotic.*

# 10 SYMPTOMS OF HURRY SICKNESS

10 indicators of being "too busy" or "too rushed"

## **9, Slippage of Spiritual Disciplines.**

*If you're anything like me, when you get over-busy, the things that are truly life-giving for your soul are the first to go, rather than your first go-to. Such as a quiet time in the morning, scripture, prayer, Sabbath, worship on Sunday, a meal with people you care about, and so on. So, instead of a life with God we settle for life with Netflix and a glass of cheap red wine. A very poor substitute, not because time wasted on TV is The Great Satan, but because we rarely get done binge watching anything, or posting to social media, or over eating Maccas, whatever, and feel awake and alive from the soul outward, rested, refreshed and ready for a new day.*

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## **10, Isolation**

*You feel disconnected from God, others, and your own soul. When you're with your friends, you're also on your phone or a million miles away in your mind, running down the to-do list."*

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## **(Bonus 11) Specific to the Transformation Trek**

*Similar to number 9. If we are rushed all the time and in a hurry we run the risk of letting our spiritual reflections & discipline fall away. If this is the case, then what chance do we have of adding time for reflection or tuning our existing Practices. Being Still is a practice that affects the entire Trek we are on and aiming for.*

# PUTTING IT INTO PRACTICE

## Choosing the Unhurried Path.

So extreme is our cultures 'worship' of Busyness & Hurry that more intentional counter cultural practice may be needed. Remembering this isn't a guilt or religious thing but intentional habits to allow ourselves to walk & follow Jesus & His Spirit, not run ahead.

Intentionally slowing down may look like Choosing:

- *The longer line in the supermarket.*
- *The lane with more cars in it.*
- *To Call instead of Texting, or meeting in person instead of calling*
- *To have less interactions with people, so that you can do proper time with the ones you do have.*
- *Sitting to drink your morning tea or coffee without a device*
- *To go the speed limit*
- *To Single Task*
- *To even walk slower*
- *To Journal*
- *To cook more, instead of fast & quick food*
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**Journal or reflect on how this Transforms your Month?**

# PUTTING IT INTO PRACTICE

## ***The 15 Minutes***

Find or create a space in your home where you can 'Be Still' for 15 minutes a day. Some have called this Practice the "Chair" as they find a particular Chair to sit on. This Practice is about quieting your mind & heart. It can be 15 minutes of Prayer or just reflection on a bit of scripture. My encouragement is 15 minutes of just sitting and then reading/praying. Allowing yourself to be ready to hear from God.

***Journal or reflect on how this Transforms your day?***

## ***Stack the Practices***

*Slow down this month Spend time praying through the Transformative Prayer Practice. Don't rush through it, or have your phone close by or even squeeze it in. Attempt to wake up earlier or set a alarm to be able to spend real time talking with God, with enough time to listen.*

Slowing down is also enhanced by the practice of Sabbath. Scheduling time in your week to stop and rest and enjoy all God has given you and all He is.

Simplifying / Uncluttering your life is another Practice that could be stacked on this. Sometimes its not about managing everything, its about managing less. Simplifying your life is a great way of allowing for more Stillness.

***Journal or reflect on how this Transforms your Month?***