



# The Well

an ordinary place  
where extraordinary  
things happen

[STSA.CHURCH/THEWELL](https://STSA.CHURCH/THEWELL)

*Un* **HURRIED**  
not built for speed

# UnHURRIED

Part 1: There's gotta be a better way

*As a society, we view speed and busyness  
as a badge of honor.*

## **“HURRY SICKNESS”**

- a behavior pattern characterized by continual rushing and anxiousness
- a malaise in which a person feels chronically short of time and so tends to perform every task faster and to get flustered when encountering any kind of delay
- a continuous struggle and unremitting attempt to accomplish or achieve more and more things or participate in more and more events in less and less time

- 1.You treat everything like a race.
- 2.You frequently feel behind schedule.
- 3.You interrupt or talk over people.
- 4.You find it difficult to do just one task at a time.
- 5.You get irritable when experiencing a delay.
- 6.You're obsessed with checking things off lists.

**KEY THOUGHT:** *Hurry is the #1 enemy of the spiritual life.*

“Hurry is not of the devil; it is the devil.” Carl Jung

“To walk with Jesus is to walk with a slow, unhurried pace. Hurry is the death of prayer and only impedes and spoils our work. It never advances it.”

Walter Adams

“For many of us, the great danger is not that we will renounce our faith. It is that we will become so distracted and rushed and preoccupied that we will settle for a mediocre version of it. We will just skim our lives instead of actually living them.” John Ortberg

“See then that you walk circumspectly, not as fools but as wise, redeeming the time, because the days are evil.” Ephesians 5:15–16

"Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light."

Matthew 11:28–30

"And the Word became flesh and dwelt among us, and we beheld His glory."

John 1:14

[He] "...was incarnate and became man and taught us the ways of salvation."

Divine Liturgy of St. Basil

*Throughout all Scripture, there isn't a single instance where Jesus was in a hurry.*

*If we want to experience the LIFE of Jesus, we must first adopt the LIFESTYLE of Jesus.*

## **FOUR PRACTICES (LIFESTYLE) OF JESUS**

- Silence and Solitude
- Sabbath
- Simplicity
- Slowing Down

Every system is perfectly designed to achieve the results it gets.

# UnHURRIED

## Part 2: Silence & Solitude

The greatest threat to your growth isn't an evil world, but a distracted soul.

“Hurry is not of the devil; it IS the devil.” Carl Jung

“Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me... and you will find rest for your souls.”  
Matthew 11:28-29

“There are books to read; landscapes to be walked; friends to be with; life to be fully lived. This new epidemic of distraction is our civilization's specific weakness. And its threat is not so much to our minds as it is to our souls. At this rate, if the noise does not relent, we might even forget we have any.”

Andrew Sullivan

The only remedy for a hurried and distracted life is regular time of **SILENCE** and **SOLITUDE**.

“Without solitude, it is virtually impossible to live a spiritual life... We do not take spiritual life seriously if we do not set aside some time to be with God and listen to Him.” Henri Nouwen

“The friend of silence draws near to God.” St John Climacus

“Modernity slowly weakened spirituality in favor of commerce. It downplayed silence and mere being in favor of noise and constant action. The reason we live in a culture increasingly without faith is not because science has somehow disproved the unprovable, but because the white noise of secularism has removed the very stillness in which it might endure... If churches came to understand the greatest threat to faith today is not hedonism but distraction, perhaps they might begin to appeal anew to a frazzled digital generation.”

Andrew Sullivan

“Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed.” Mark 1:35

# CLARITY COMES IN THE QUIET. CONFUSION ABOUNDS IN THE RIOT.

“And when He had sent them away, He departed to the mountain to pray. Now when evening came, the boat was in the middle of the sea; and He was alone on the land.” Mark 6:46-47

*Spending time with God isn't for His sake;  
it's for mine.*

“He went to the Mount of Olives, as He was accustomed, and His disciples also followed Him.” Luke 22:39

*The busier Jesus got,  
the more He spent time alone with God.  
And we are His FOLLOWERS.*

“Be still, and know that I am God.” Psalm 46:10



*scan  
here!*

Looking for resources to help you get started with quiet time?

**STSA Quiet Time Guide**

# UnHURRIED

## Part 3: Sabbath

“Remember the Sabbath day, to keep it holy.” *Exodus 20:8*

sabbath = shabbat = TO STOP

**SABBATH IS THE BEST GIFT THAT YOU AREN'T  
OPENING EVERY WEEK.**

“The Sabbath was made for man, and not man for the Sabbath.” *Mark 2:27*

“And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done.” *Genesis 2:2*

“If you got against the grain of the universe, you get splinters.”

“Research that attempts to quantify the relationship between hours worked and productivity found that employee output falls sharply after a 50-hour work-week, and falls off a cliff after 55 hours—so much so that someone who puts in 70 hours produces nothing more with those extra 15 hours.” Bob Sullivan, *Memo to work martyrs: Long hours make you less productive*

**WHEN YOU FIGHT THE RHYTHM OF LIFE, YOU FIGHT  
GOD...AND YOU WILL LOSE.**

“Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.” *Genesis 2:3*

## SABBATH IS BLESSED AND HOLY.

"And God blessed them, saying, "Be fruitful and multiply..." *Genesis 1:22*

"Then God blessed them, and God said to them, "Be fruitful and multiply..." *Genesis 1:28*

"Then God blessed the seventh day..." *Genesis 2:3*

See Chick-fil-A

*When you don't take a sabbath, you're killing yourself.*

**SABBATH IS NOT THE SAME AS A DAY OFF.**

**SABBATH IS A DAY OF REST AND WORSHIP.**

"The Sabbath is an invitation to enter delight. The Sabbath, when experienced as God intended, is the best day of our lives. Without question or thought, it is the best day of the week. It is the day we anticipate on Wednesday, Thursday and Friday - the day we remember on Sunday, Monday and Tuesday. Sabbath is the holy time where we feast, play, dance, have sex, sing, pray, laugh, tell stories, read, paint, walk and watch creation in its fullness." *Dan Allender*

### TIPS TO GET STARTED:

1. Declare your sabbath day.
2. Sabbath starts the night before.
3. Minimize phone use/access.
4. Only do things that are rest and worship.

**YOU CANNOT BREAK THE PRINCIPLES OF GOD  
AND EXPECT TO FIND THE BLESSING OF GOD.**

# UnHURRIED

## Part 4: Simplicity

The goal isn't an empty schedule,  
it's an Unhurried and undistracted soul.

*"Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me...and you will find rest for your souls."* Matthew 11:29

**PRACTICE #1: Silence & Solitude**

**PRACTICE #2: Sabbath**

**PRACTICE #3: Simplicity**

*"The intentional promotion of the things we most value and the removal of everything that distracts us from them."* Joshua Becker

*"Simplicity, simplicity, simplicity! I say, let your affairs be as two or three, and not a hundred or a thousand...Why should we live with such hurry and waste of life?"* Henry David Thoreau

*"Let your conduct be without covetousness; be content with such things as you have."* Hebrews 13:5

**THE OPPOSITE OF COVETOUSNESS.  
THE APPLICATION OF CONTENTMENT.**

*"Surely everyone goes around like a mere phantom; in vain they rush about, heaping up wealth without knowing whose it will finally be."* Psalm 39:6



## LIE: THE MORE I HAVE, THE HAPPIER I'LL BE.

The problem isn't money, stuff, or possessions.  
It's that we put no limit on our consumption of money, stuff, or possessions.

*"It is more blessed to give than to receive."* Acts 20:35

*"One's life does not consist in the abundance of the things he possesses."* Luke 12:15

*"The love of money is a root of all kinds of evil, for which some have strayed from the faith in their greediness, and pierced themselves through with many sorrows."*

1 Timothy 6:10

## PRACTICING SIMPLICITY:

1. Before you buy, ask yourself: what is the true cost of this item?
2. Never impulse buy.
3. Live by a budget.
4. Get into the habit of giving stuff away.
5. Learn to enjoy things without owning them.
6. Beware of the latest and greatest new thing.
7. Lead a cheerful happy revolt against the spirit of materialism.

*"I have learned in whatever state I am, to be content: I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need. I can do all things through Christ who strengthens me."* Philippians 4:11-13

What would Jesus do...if He were me?

# UnHURRIED

## Part 5: Slowing

Slowing: "cultivating patience by deliberately choosing to place ourselves in positions where we simply have to wait" *John Ortberg*

*"Wait on the Lord; be of good courage, and He shall strengthen your heart; wait, I say, on the Lord!"* Psalm 27:14

*"The Lord is good to those who wait for Him, to the soul who seeks Him. It is good that one should hope and wait quietly for the salvation of the Lord."*

Lamentations 3:25-26

*"Therefore be patient, brethren, until the coming of the Lord. See how the farmer waits for the precious fruit of the earth, waiting patiently for it until it receives the early and latter rain. You also be patient."* James 5:7-8

## **YOU CANNOT LIVE IN THE KINGDOM OF GOD WITH A HURRIED SOUL.**

*"Love is patient."* 1 Corinthians 13:4

*If patience is a fruit of the Spirit, hurry is a fruit of the Devil.*

### **8 WAYS TO START SLOWING:**

1. Drive the speed limit.
2. Don't text and drive.
3. Refuse to check your phone while waiting.

#### 4. Take a walk every day, without your phone.

"All of humanity's problems stem from man's inability to sit quietly in a room alone."

*Blaise Pascal*

#### 5. Turn your smartphone into a dumb phone.

- a. Remove social media apps.
- b. Turn off notifications.
- c. Remove news apps/alerts.
- d. Delete every app that doesn't make life seriously better.

#### 6. Parent your phone – give it a bed time.

#### 7. Start journaling.

#### 8. Stop trying to multi-task.

"Aspire to lead a quiet life." 1 Thessalonians 4:11

"The humans live in time but our Enemy destines them to eternity. He therefore, I believe, wants them to attend chiefly to two things: to eternity itself, and to that point of time which they call the Present. For the Present is the point at which time touches eternity... He would therefore have them continually concerned either with eternity (which means being concerned with Him) or with the Present... or else obeying the present voice of conscience, bearing the present cross, receiving the present grace, giving thanks for the present pleasure." *CS Lewis, Screwtape Letters*

# Welcome

*Whether you're just visiting or looking to stay, it's great to have you with us!*

## COFFEE'S ON US

Enjoy a hot cup of coffee and snacks.

## WE'D LOVE TO MEET YOU

Stop by the Connection Table so we can get to know each other and pick up your welcome gift.

## FILL YOUR BUCKET

The Well and Sunday school runs for one hour with an inspiring message.



## EVERYTHING IN ONE SPOT

CHECK OUT OUR STSA CHURCH APP



- Sign up for Groups and Events
- Watch or listen to The Well
- Calendar, Notes, and more!

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