

How to Un-Hurry

Slowing

“Wait patiently for the Lord.

Be brave and courageous.

Yes, wait patiently for the Lord.” Psalm 27:14

Dallas Willard once said the most important thing to do to be spiritually healthy is to “ruthlessly eliminate hurry from your life.” In order to show up for our life with God, we need to slow down.

Some simple practices to slow down:

- Single-task instead of multi-task. Try to be fully present to any task or person you encounter.
- Set time limits for your most-used apps on your phone. Stretch yourself by reading poetry, reflecting on artwork, listening to music without any other distraction, or reading a book.
- Silence notifications and alerts on your phone (especially from apps). The default setting is to alert you for everything, but you can turn them off.
- Pick a technology-free window each day – consider coordinating with your roommates or family.
- Walk more slowly, drive the speed limit, stop completely at stop signs, and pick the longest line in which to wait.
- Experiment with journaling or writing hand-written notes.
- Focus on listening to someone when they’re speaking and being slow to respond with your thoughts.
- Welcome interruptions to your schedule and notice how God shows up in them.

(Adapted from johnmarkcomer.com/howtounhurry)

More resources:

Book: *The Life You’ve Always Wanted* – John Ortberg

Podcast: “Fight Hustle, End Hurry”