

Message Series: **'Simple Prayers...to strengthen the soul'**

Message Title: **'Lord, I am Hurrying Again'**

Teacher: Stephen Mason

Date: Sunday, August 27, 2017

- Hurry Getting Inside of Me...A Story

- The Signs of Hurry Sickness
 1. A nagging sense that there is not enough time
 2. A lack of meaning in life
 3. A lack of compassion

- *"Martha, Martha..."* (Luke 10:38-42)

- *"Come to me, take my yoke..."* (Matt. 11:38-30)

- Practical Suggestions
 1. Practice slowing
 2. Take advantage of opportunities to wait
 3. Schedule time alone
 4. Learn to say 'no'
 5. Take a weekly Sabbath

"You must ruth-
lessly eliminate
hurry from your
life."

~Dallas Willard

"All men's miseries
derive from not
being able to sit in
a quiet room
alone."

~Blaise Pascal

"All great things
happen in silence."

~Karl Jaspers

"You cannot change without God's grace; but God cannot change you without your intention."

- Simple Prayer: *"Lord, I'm hurrying again."*

- **Response**
What do you sense God teaching you in this sermon, and what will you do in response?