



WEEK 4

TIME OUT: THE SPIRITUAL PRACTICE OF SLOWING

Theme verse for this series: [Matthew 11:28-30](#)

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

A brief history of hurry

ca. 200 BC: The sundial

1370: First public clock tower

1870: Edison and the lightbulb.

2007: The iPhone

“Ingrained in our society is the idea: Slow is bad; fast is good.”

– John Mark Comer

ARE THERE PRACTICES FROM THE LIFE OF JESUS THAT CAN HELP US STAY PRESENT?

1. _____

“Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a **solitary place**, where he prayed. [Mark 1:35](#)

Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “**Come with me by yourselves to a quiet place** and get some rest.” [Mark 6:31](#)

2. _____

The news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. But Jesus often withdrew to lonely places and prayed. [Luke 5:15,16](#)

The opportunity before us

Be very careful, then, how you live—not as unwise but as wise, **making the most of every opportunity**, because the days are evil. [Ephesians 5:15-16 NIV](#)

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—**think about such things**. [Philippians 4:8](#)

Don't go for updates on the _____

Go for upgrades on your _____

“We become what we give our attention to, for better or worse.”
– John Mark Comer

Give up trying to control

what you can't control anyway.

And be _____.

SCRIPTURES FOR MEDITATION

MONDAY

[Read Matthew 6:25-34](#)

Ask: What does this Scripture mean?

Ask: What message does God have for me here?

Turn this Scripture into prayer...

TUESDAY

[Read Psalm 18:1-6](#)

Ask: What does this Scripture mean?

Ask: What message does God have for me here?

Turn this Scripture into prayer...

WEDNESDAY

[Read Psalm 23](#)

Ask: What does this Scripture mean?

Ask: What message does God have for me here?

Turn this Scripture into prayer...

THURSDAY

[Read Psalm 142](#)

Ask: What does this Scripture mean?

Ask: What message does God have for me here?

Turn this Scripture into prayer...

FRIDAY

[Read Psalm 46](#)

Ask: What does this Scripture mean?

Ask: What message does God have for me here?

Turn this Scripture into prayer...