

Breaking the Hurry Habit

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Our brains and our whole being aren't designed for the speed this modern world has come to. We tend to move so fast, challenging the soul and Spirit to keep up.

The best metaphor of our world today is the astronauts speeding through the cosmos, but with their life-supporting capsule pierced by a meteorite fragment. But the church resembles Mary and Joseph traveling from Egypt to Nazareth on a donkey, holding their arms with the weakness and poverty of the Child Jesus. God incarnate.

The God Who Comes Carlo Carreto

Our problems aren't as simple anymore.

New challenges have emerged that we have to create new language for.

"Hurry sickness"

"Busy Epidemic"

"Overload Syndrome"

"Digital Invasion"

"Languishing"

So new Spiritual practices become our new normal.

They are the necessary antidotes to everything that hurries or hinders God's intended design for us to flourish in relationships, harmony and 'shalom'.

Sauntering. Slowing. Silence. Solitude. Surrender. Simplicity.

Listening. Prayer. Meditation. Mindfulness.

Because life is really all about living fully alive and abiding in God's love.

Being 'His Beloved'. Bearing fruit that will last. Loving others.

You know the basics. But here are a few important reminders.

1. Practice the lost art of *Sauntering*

The antidote to hurrying: *strolling, ambling, meandering and moseying along.*

Practice slowing your body down.

Don't be in such a rush. Pace yourself. Breathe deeply.

Take a walk on the 'calm' side. Notice the beauty around you.

Practice prayer walks. Walking meditation.

St. Jerome was fond of saying: *To solve a problem, walk.*

Try it. It works for me.

Walk for the simple joy of walking.

Be aware of each step of life. Take in the beauty, sights, sounds and smells around you.

Practice *Soul Sauntering.*

Slow your life down.

Un-busy your outer and inner life from scurrying around with the unnecessary. Take time for stillness, silence and solitude. Pay attention. Listen.

Reserve your energy for what matters most - to live fully alive in Christ.

To run the good race of the Faith.

To run and show kindness and goodness.

To run to God when you don't know what to do.

To run and share the good news of His unconditional Love.

2. Calm your mind

The mind is a busy place.

There is constant inner and outer competing for our focus and attention.

Daily temptations to multitask diminish our creativity and productivity.

So many things to worry about, so little time. It can all become hectic and tiring.

Un-hurry your flooded, frenzied mind. This will set the pace for the rest of our life.

Practice Christian prayer, meditation and mindfulness.

Center your heart and mind. Focus your attention more on what matters most. Deal with worry. Slow down. Surrender. Let go.

Prayerful Meditation

Don't worry about anything; instead, pray about everything.

Tell God what you need, and thank him for all he has done.

Then you will experience God's peace... Philippians 4: 6,7

Then think about God, His love and goodness, what is positive and hopeful.

How can you focus and listen to God's voice if your mind is filled with so many other loud and mostly negative voices?

Christian meditation is basically *focusing thoughts and attention towards God.*

If you know how to worry, you can learn to meditate.

Merely shift your attention from random distractions or going over problems and worries in your mind.

Instead, focus on God's Word, a phrase, an image - whatever helps you quiet your thoughts and direct your attention to be attuned and listen to God - to awaken and deepen your spiritual life.

Prayerful Mindfulness

Simply be present to the now.

Be fully alive and alert to whatever it is you are doing and experiencing.

Don't hurry the moments away. Give your attention to the moment, not ruminating over the past or worrying about the future.

How am I breathing?

What am I thinking and feeling?

How am I aware of God's presence in my life - in the here and now?

How is the Spirit prompting me?

3. Simplify

A plain and simple life is a full life. Proverbs 13:7

Less is the new more.

Less noise, more listening.

Less fear, more love.

Less food, more moving

Less hurry, more here and now.

Less of me, more of Him.

Simple Gifts

'Tis the gift to be simple, 'tis the gift to be free

'Tis the gift to come down where we ought to be,

And when we find ourselves in the place just right,

'Twill be in the valley of love and delight.

Shaker song by Elder Joseph

Soul Spring cleaning. De-clutter. Make space for your life.

Let's break the harmful habit of hurry by being more present to a peaceful and contented life.

There is more - but I'll simply leave it at that.