

MEN'S LIFE BLOOMINGTON

Tuesday, May 13, 2025 | **Alex Maher**

Ruthless Elimination of Hurry | Sabbath

Overview

“Slow down your body, slow down your soul” – this is the motto of slowing, an emerging practice in the Western world. While you still won’t find it on any of the standard lists of spiritual disciplines, it still fits the definition of a practice based on the life and teachings of Jesus. Jesus was never in a hurry. His slow, deliberate pace created room in his life for interruptions that became the stories of the four gospels. Can you imagine if Jesus, didn’t slow down to talk to those who were hurting? To stop and share with the Pharisees what it really meant to live a spiritual life? We might have a whole different type of Christianity today if that were the case.

John Ortberg defines this practice as “cultivating patience by deliberately choosing to place ourselves in positions where we simply have to wait.” It’s a fun, playful way to slow down our body in order to cultivate an unhurried soul.

‘Easy’ Things to Slow Down Your Life (that you can do today):

- Drive the speed limit
- Get into the slow lane
- Come to a full stop at all stop signs
- Don’t look at your phone while driving
- Show up 10 minutes early to your next appointment, leaving your phone in the car
- Get into the longest line at the grocery store

Discussion Questions:

- Do any of these ‘slowing’ practices seem scary or impossible to do? Why is that?
- Am I going too fast? What other aspects of my life do I need to slow down?
- What do I wish I could do that I feel I ‘don’t have time for’? Where can I find that time?