

## PERSONAL FOUNDATIONS | Hurried to Purposeful Diagnostic

When you read these verses what goes through your mind? If you are honest...maybe you are saying to yourself, 'Really?'

*"I know the Lord is always with me. I will not be shaken, for he is right beside me."* Psalm 16:8 NLT

*"The Lord is my shepherd; I have all that I need."* Psalm 23:1 NLT

You long to operate with the ease you hear in the promises of God. You are often left feeling frustrated, maybe discouraged with the gap between God's promises and your reality. In your mind instead of ease there is more pressure, more things to "get done", more demands and expectations unmet. People may be disappointed with you...you may be disappointed with you. You know that staying the same is not sustainable...and yet you ask... "How do I change"?

The solution to this gap is to face reality regarding the focus of your life and the focus of life that Jesus is inviting you into.

*"Hurry is the great enemy of spiritual life in our day. You must ruthlessly eliminate hurry from your life!"* Dallas Willard

### Hurry Sickness

1. "A behavior pattern characterized by continual rushing and anxiousness." [Dictionary.com](https://www.dictionary.com)
2. "A malaise in which a person feels chronically short of time, and so tends to perform every task faster and to get flustered when encountering any kind of delay." Psychology Today

*"So be careful how you live. Don't live like fools, but like those who are wise. Make the most of every opportunity in these evil days. Don't act thoughtlessly, but understand what the Lord wants you to do."*

Ephesians 5:15-17 NLT



## A Reality Check - Do You Have Hurry Sickness?

Adapted From "An Ordinary Day with Jesus", John Ortberg and Ruth Haley Barton

Read through the following statements, and use the red, yellow, green 1-7 scale to rate where you are at using the space to the right.



1. You go through your day with a constant sense of urgency. \_\_\_\_\_
2. You are easily frustrated...irritable with those close to you. \_\_\_\_\_
3. You have a preoccupation with escaping, a "getting away from it all." \_\_\_\_\_
4. You feel frustrated not getting things done...too much to do and not enough time. \_\_\_\_\_
5. You sense that time is passing too quickly without getting what you really want in life. \_\_\_\_\_
6. You have a persistent desire for a simpler, more purposeful life. \_\_\_\_\_
7. You have little time for love, to connect deeply with self, God and those around you. \_\_\_\_\_
8. You have little time to care for your soul...your thoughts, emotions and your body. \_\_\_\_\_
9. You find that you're often trying to do many things at once. \_\_\_\_\_
10. You have lost a sense of gratitude and wonder about life. \_\_\_\_\_
11. You sometimes have a gnawing feeling that 'there is more to life than this.'" \_\_\_\_\_
12. You operate with a persistent restlessness. When you try to relax you can't. \_\_\_\_\_

Total your score here: \_\_\_\_\_ See the legend below. What is your score telling you about you?

< 30: Yikes! Who do I call?

31 - 50: Things are not as they should be. I should get some outside input.

51 - 65: I am at risk. In which direction am I trending?

66 - 84: It appears that life is flowing well at this time.



## Reflection

1. What are your observations...maybe encouragements...maybe discouragements?

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2. Are you “OK” with what you see? Why or why not?

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3. What’s the impact on you, your family, your business if nothing changes?

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An invitation from the One who made The Way...

*“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”*

Matthew 11:28-30 MSG

*This is what the Lord says: “Cursed is the one who trusts in man, who draws strengths from mere flesh and whose heart turns away from the Lord. That person will be like a bush in the wastelands; they will not see prosperity when it comes. They will dwell in the parched places of the desert, in a salt land where no one lives. ‘But blessed is the one who trusts in the Lord, whose confidence is in him. They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit.”*

Jeremiah 17:5-8 NIV

