



Hurry Sickness Test

In John Ortberg's book, *The Life You've Always Wanted* he states that one of the great illusions of our day is that hurrying will buy us more time. Those of us inflicted with this 'illness' have symptoms. Just take the test below and see how you fare:

1. Are you haunted by a fear that there are not enough hours in the day to do what needs to be done?
2. Do you find yourself nodding faster when listening to another to encourage the talker to accelerate?
3. When approaching a stoplight and there are two lanes do you find yourself guessing which lane will get going the fastest?
4. At the grocery store if you have a choice between two check out lines do you find yourself counting each person in line and assessing how many items are in their cart?
5. Then do you watch the line you did not choose just to see if you picked the right line?
6. Are you proud of (and can list) all the ways you multi task?
7. Do you find yourself trying to 'catch up' by working on your Sabbath day instead of having a day of Sabbath rest?

If you answered 'Yes' to 3 or more of these you may be a victim of hurry sickness.

There is a true story in the book, "For God's Sake, Rest" by James L. Anderson about a group of Christian settlers on the wagon trail to Oregon. They were not making good time and were afraid they would not get through the mountains before the winter snows, so half of the group decided to travel on Sunday instead of resting the entire day. So the next Sunday one group worshiped and rested the entire day and the other group started out on the trail.



Guess which group got to Oregon first. You're right. The ones who kept the Sabbath reached their destination first. Both the people and the horses were so rested by their Sabbath observance that they could travel much more vigorously and effectively the other six days of the week. God honors those who honor His commands.

Rx for Hurry Sickness:

Jesus was well aware of this kind of problem in his day. He repeatedly withdrew from the crowds and activities and taught his followers to do likewise. When the disciples came to him, adrenaline pumping, from a busy time of ministry, Jesus pulled them aside "Come away to a deserted place all by yourselves and rest awhile."

We must ruthlessly
eliminate hurry from
our lives.

There it is. Just when you are really busy, take strategic, intentional, periods of rest. Spend time with Jesus and the Father. Jesus had so much to do, but he never did it in a way that severed the life-giving connection between him and his Father.



Next Message: How do I do that?