

The Hidden Cost of Hurry

September 5 & 6 | Paul Faust

THE
HURRY
PROBLEM

What's Driving My Hurry?

- The _____ of my life.
- The _____ of my demands.
- The _____ of constant connectivity.

Key Idea:

_____ doesn't have to mean frantic.

Luke 5:16 (NLT)

But Jesus often withdrew to the wilderness for prayer.

When We Choose the Pace of Jesus:

1

_____ replaces anxiety and pressure.

Mark 1:35 (NLT)

Before daybreak the next morning, Jesus got up and went out to an isolated place to pray.

Remember:

- Hurry and peace cannot _____.
- I am far better at influencing others when I'm at _____.

My GPS to Rest:

- _____ when pressure is replacing peace.
- _____ when anxiety rises instead of pushing through.
- _____ before I break, like Jesus did.
- _____ myself in small moments throughout my day.

_____ replaces distraction and lack of focus.

Mark 5:27-34 (NLT)

She had heard about Jesus, so she came up behind him through the crowd and touched his robe, for she thought to herself, "if I can just touch his robe, I will be healed."... Jesus realized at once that healing power had gone out from him, so he turned around in the crowd and asked, "Who touched my robe?" His disciples said to him, "Look at this crowd pressing around you. How can you ask, 'Who touched me?'" But he kept on looking around to see who had done it. Then the frightened woman, trembling at the realization of what had happened to her, came and fell to her knees in front of him and told him what she had done. And he said to her, "Daughter, your faith has made you well. Go in peace. Your suffering is over."

How to be Present:

- _____ things I know distract me.
- _____ fully on ONE person at a time.
- _____ presence over productivity.
- _____ people as an opportunity, not an interruption.

_____ move beyond surface-level connection.

Mark 3:14 (NLT)

Then he appointed twelve of them and called them his apostles. They were to accompany him, and he would send them out to preach...

Deuteronomy 6:6-7 (ESV)

These words that I command you today shall be on your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise.

Remember:

Relationships don't grow in hurry, they grow over time, through attention and in _____.

How to Move Beyond Surface-Level Relationships:

- _____ in conversations.
- _____ deeper questions.
- _____ longer than normally feels comfortable.
- _____ people over schedule.

4

Spiritual _____ replaces numbness and disinterest.

Luke 6:12-13 (NLT)

One day soon afterward Jesus went up on a mountain to pray, and he prayed to God all night. At daybreak he called together all of his disciples and chose twelve of them to be apostles. Here are their names:

How to be Spiritually Sensitive:

- _____ a quiet time daily.
- _____ distractions during prayer.
- _____ twice as much as you talk.
- _____ solitude the way Jesus did.

5

_____ replaces exhaustion and burnout.

Hebrews 12:2 (NLT)

We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne.

Psalms 16:11 (NLT)

You will show me the way of life, granting me the joy of your presence and the pleasures of living with you forever.

How to Experience God's Joy:

- _____ when life feels draining, and pause.
- _____ myself to connection with others, especially God.
- _____ what I already have.

Numbers 6:22-27 (NIV)

The Lord said to Moses, "Tell Aaron and his sons, 'This is how you are to bless the Israelites.' Say to them:

*'The Lord bless you
and keep you;
the Lord make his face shine on you
and be gracious to you;
the Lord turn his face toward you
and give you peace.'*

So they will put my name on the Israelites, and I will bless them."

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My GPS to Rest:

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How to be Present:

- **R e m o v e** things I know distract me.
- **F o c u s** fully on ONE person at a time.
- **C h o o s e** presence over productivity.
- **V a l u e** people as an opportunity, not an interruption.

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R e l a t i o n s h i p s move beyond surface-level connection.

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How to Move Beyond Surface-Level Relationships:

- **S l o w d o w n** in conversations.
- **A s k** deeper questions.
- **L i s t e n** longer than normally feels comfortable.
- **P r i o r i t i z e** people over schedule.

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