

Pursuing Intimacy with God

The Discipline of Slowing



Luke 10:38-42

³⁸ Now as they went on their way, Jesus entered a village. And a woman named Martha welcomed him into her house. ³⁹ And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. ⁴⁰ But Martha was distracted with much serving. And she went up to him and said, "Lord, do you not care that my sister has left me to serve alone? Tell her then to help me."

Luke 10:38-42

⁴¹ But the Lord answered her, “Martha, Martha, you are anxious and troubled about many things, ⁴² but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.”

Martha's Problem?

There is a disconnect between her service and her fellowship/intimacy with Jesus.

Is our service reflected in anxious activity or is it an overflow from our time with Jesus?

Anxious Activity or Overflow?

Mat 6:33

But seek first the kingdom of God and his righteousness, and all these things will be added to you.

John 15:5 ESV

I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.

Hurry Sickness (John Ortberg)

“You must ruthlessly eliminate hurry from your life”

Symptoms of Hurry Sickness

From John Ortberg's *The Life You've Always Wanted*

- Speeding Up Daily Activities (not really present)
- Multi-Tasking
- Clutter
- Diminished Ability to Love
- No MARGIN (Pastor Doug's Addition)

How Can We Radically Eliminate Hurry?

- Practice the Discipline of Slowing

“cultivate patience by deliberately choosing to place ourselves in positions where we simply have to wait.” (Ortberg)

- Establish Margin in Your Life

- Say no to something
- Look for time-wasters

- Prioritize Spending Time with God

- Practice Sabbath