

## Transformation Series Part 2

### Curing a Sickness of the Soul

Dave Spooner – Mosaic Rockford – Oct. 11<sup>th</sup>, 2015

#### Intro:

- We have embarked on a quest to deepen and widen the Spirit's work in our lives by choosing to train ourselves to be Godly vs. trying harder to do so.
- We all want a deep and enduring spiritual life that produces true fruit of the spirit. We are looking for the real power of true transformation vs being conformed to a religious mold or informed with the "right" information. If we desire this type of life we must ruthlessly eliminate hurry from our life.
- **Hurry is the great enemy of spiritual life in our day. Hurry can destroy our souls. For many of us the great danger is not that we will renounce our faith. It is that we will become so distracted and rushed and preoccupied that we will settle for a mediocre version of it. We will just skim our lives instead of actually living them. – John Ortberg**
- "Hurryitis" is a sickness of the soul that has become a modern day epidemic. This disease restricts the flow of the Spirit within us eventually killing our soul. This morning we are going to diagnose the disease by looking at its symptoms and then apply the cure so that we can live fully by the Spirit.

#### The Disease of Hurryitis

- We buy stuff all the time that will help us hurry – Shampoo + Conditioner / Keurig / Pre-packaged food : Microwaved food : Fast food – we invented the drive thru lane to enable families to eat in vans, as nature intended / Technology : internet speed: computer speed: convenience (phones to watches) / reading habits (no time for that) / record our show- skip the commercials
- Symptoms of Hurryitis
  - Acute Acceleration
    - You are haunted by the fear that there are just not enough hours in the day to do what needs to be done. So we work faster, drive faster, play faster, read faster, talk faster, and when listening, nod faster to encourage the talker to accelerate.
    - We get angry and frustrated when we have to wait. Slow people bother us . . . (the waiting in line game).
    - If you are this way you have Hurryitis
  - Multitasking Disorder
    - Always doing more than one thing at a time – in line / on cell, in the car – drive, eat, drink, text, monitor the radio, shave or apply makeup, at home – watch tv, eat, on the phone and have a conversation at the same time.
    - If you find yourself doing this – you have hurryitis
  - Clutteration
    - Stacks of stuff all around . . .
    - Buying time saving gadgets and don't have the time or patience to read the instructions and figure out how to use them.
    - A list of unfinished projects
    - Calendar confusion – we are burdened by all the things we fail to say "no" to and we forget important dates, miss appointments and fail to follow through
    - If you are living this way – you have hurryitis
  - Surfaceficiality
    - Always on the surface – never looking deeper . . . into the issues of your own soul and into these issues in others' lives
    - You keep conversations where you are most comfortable – on the surface – rarely if ever going deeper.

- Trading wisdom for information, depth for breadth
  - Trying to microwave maturity . . . depth comes slowly
  - Loveatryfy
    - The most serious sign of hurrryitis is a diminished capacity to love
    - We lose our ability to love – because we don't have time form it. Love always requires time. Love and hurry are fundamentally incompatible.
    - We start to see people are projects to accomplish or problems to solve vs precious gifts to us and the focus of eternity
    - We devalue others by overvaluing ourselves and become increasingly self-absorbed
  - Sunset Fatigue
    - When we come home at the end of a day's work, those who need our love the most, those to whom we are most committed, end up getting the leftovers.
    - Sunset fatigue is when we are just too tired, or too drained, or too preoccupied, to love the people to whom we have made the deepest promises.
    - Sunset fatigue has set in when
      - You find yourself rushing even when there's no reason to
      - There is an underlying tension that causes sharp words or quarrels
      - You set up mock races (ok, kids, let's see who can take a bath fastest) that are really about your own need to get through it
      - You sense a loss of gratitude and wonder
      - You indulge in self-destructive escapes from fatigue: abusing substances, over eating, over spending, obsessive surfing, excessive game playing or listening to country music (because that is self-destructive ☺)
- Hurrying will buy as more time – so we can hurry through more things – like it is a contest to see who can do the most things the quickest will win the prize. And what is the prize . . . ?
  - Hurry is not just a disordered schedule. Hurry is a disordered heart.
  - **We end up mentally, emotionally, relationally, physically and spiritually malnourished because of our hurry.**
  - This is what Jesus was getting at when he taught about spiritual growth in the parable of the soils

#### **Mark 4:18-19 (NIV)**

**Still others, like seed sown among thorns, hear the word; 19 but the worries of this life, the deceitfulness of wealth and the desires for other things come in and choke the word, making it unfruitful.**

- The word of God planted in the soil of our souls is choked out and unfruitful, not because of sin but because of
  - “the worries of this life”
  - “the deceitfulness of wealth”
  - “the desires for other things”

#### **The Cure for Hurryitis**

- Go to Jesus – who is the great physician and “learn from me”
  - He gives us an invitation – he is “open for business – or busyness”

#### **Matt 11:28-30 (NIV)**

**"Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light."**

- Come to me all you who are
    - Weary – this is from toil of things you take on
    - Burdened – things that others put on us
  - He will teach us – train us – in a gentle and humble way – with the end result being rest for our souls – there still is a yoke – something to do – there still are burdens – but they are easy and they are light
  - We are told to be yoked up with him to follow his lead . . . If we want to follow someone, we can't go faster than the one who is leading.
  - Jesus was often busy, but never hurried.
  - No one was in more demand than Jesus . . . So how did Jesus handle this? . . .
    - Pulled out – prayed – played
    - This is His prescription for us
- Pull out

#### **Mark 6:31 (NLV)**

**Then Jesus said, "Let's go off by ourselves to a quiet place and rest awhile." He said this because there were so many people coming and going that Jesus and his apostles didn't even have time to eat.**

- Find a quiet place
  - One of the most Biblical things you can do is to stop doing
  - Psalm 23 – makes us lie down in green pastures
  - Pull out of some activities – you are not the messiah – and even Jesus did not do everything
  - Need does not equate call
  - Life will do on without you
  - Create some margin in your life . . .
- Pray

#### **Luke 5:16 (NLV)**

**But Jesus often withdrew to the wilderness for prayer.**

- Find your wilderness . . .
  - Focus on what matters –  
Matt 6:33 NIV  
But seek first his kingdom and his righteousness, and all these things will be given to you as well.
  - Mary/Martha
  - This is where you will receive your direction
  - Be still and know that he is God psalm 46:10
- Play

#### **Mark 2:27 (NIV)**

**The Sabbath was made for man, not man for the Sabbath.**

- Re-create
- Rest – (refill the well)
  - Those who don't work are called lazy and those you don't rest are called disobedient

### **Deut 5:12-15**

**Remember that you were once slaves in Egypt, but the LORD your God brought you out with his strong hand and powerful arm. That is why the LORD your God has commanded you to rest on the Sabbath day.**

- Choose who you will serve
- Trust – we don't rest because we don't trust
  - Trust envelope

### **Conclusion**

- If you have been diagnosed with "Hurryitis" then you need to be ruthless and intentional
  - Pulling out . . . Praying . . . and Playing
- What is the goal – Loving God and loving people better . . . – it cannot be done so the speed of light.
- Resources
- Next week – talk about prayer . . .
- Prayer people and pray