

BE STILL: Tyler Staton (Bridgetown Church, Portland, Oregon & National Director 24-7 USA)

- Where have you seen God at work in your life this week? (Share any brief examples and encouragements).
- Was there anything from Sunday's message which you found particularly inspiring or challenging?
- Was there anything else you particularly noticed?

Psalm 46 (NIVUK)

¹ *God is our refuge and strength, / an ever-present help in trouble.*

² *Therefore we will not fear, though the earth give way / and the mountains fall into the heart of the sea,*

³ *though its waters roar and foam / and the mountains quake with their surging.*

⁴ *There is a river whose streams make glad the city of God, / the holy place where the Most High dwells.*

⁵ *God is within her, she will not fall; / God will help her at break of day.*

⁶ *Nations are in uproar, kingdoms fall; / he lifts his voice, the earth melts.*

⁷ *The Lord Almighty is with us; / the God of Jacob is our fortress.*

⁸ *Come and see what the Lord has done, / the desolations he has brought on the earth.*

⁹ *He makes wars cease to the ends of the earth.*

He breaks the bow and shatters the spear; / he burns the shields with fire.

¹⁰ *He says, '**Be still, and know that I am God**;' / I will be exalted among the nations, / I will be exalted in the earth.'*

¹¹ *The Lord Almighty is with us; / the God of Jacob is our fortress.*

A busy pastor once asked Dallas Willard, "What do I need to do to become the person I want to be?". Willard replied, "You must ruthlessly eliminate hurry from your life." He added, "There is nothing else. Hurry is the great enemy of the spiritual life in our day." The term "hurry sickness" was popularised around 50 years ago by two American cardiologists, Meyer Friedman and Ray Rosenman. This, broadly, is what "hurry sickness"¹ looks like:

1. **You treat everything like a race.** Environmental psychologist Lee Chambers writes, "If you find yourself treating even small, everyday tasks like shopping, eating or driving as a race, and any delay causes feelings of anxiety, you might be dealing with hurry sickness,"
2. **You find it impossible to do just one task at a time.** Focusing on just one task feels unbearable.
3. **Any kind of delay makes you highly irritable.** You get anxious and frustrated in traffic even when you have no deadline.
4. **You feel permanently behind schedule.** You feel like you are constantly playing catch-up.
5. **You interrupt or talk over people.** Especially if they talk slowly.
6. **You constantly (and obsessively) check things off your 'to do' list.**

- *Over the last couple of years at Emmaus Rd. we have talked a lot about 'the ruthless elimination of hurry'. Many of us have bought the book;² some of us have even had time to read it! But was there something new in Tyler's message today which you hadn't noticed before?*
- *Tyler spoke about three technologies which have come to shape our lives – the clock (ca. 1370), the lightbulb (1879)³, and the iPhone (2007). How have these contributed to the hurry of our lives? Could you live without them?*
- *How have other technologies shaped us for good and ill? Is there anything we can do about it?*
- *Psalm 46:10 says, "Be still and know that I am God". In a world with far fewer complex technologies than ours, what do you think the psalmist was contending with? (you may want to read the Psalm again).*
- *How can we live 'intentional and interruptible lives'? What might that look like for you?*

¹ These are from a Huffington post article <https://www.huffingtonpost.co.uk/entry/signs-of-hurry-sickness-how-to-deal-16081d78de4b0dff254039874>. John Mark Comer suggests 10 symptoms: Irritability; Hypersensitivity; Restlessness, Workaholism, Emotional numbness; Out-of-order priorities; Lack of care for your body; Escapist behaviours; Slippage of spiritual disciplines; and Isolation.

² John Mark Comer, **The Ruthless Elimination of Hurry: How to stay emotionally healthy and spiritually alive in the chaos of the modern world** (Hodder & Stoughton, 2019)

³ Interesting local fact... in 1881, Godalming became the first town in the world to have electric street lighting.