

**ON TIME AND UNHURRIED**  
**I'm Dreaming of an Unhurried Christmas**  
**November 26, 2023**

*For what will it profit a man if he gains the whole world and forfeits his soul? Or what shall a man give in return for his soul?*  
Matthew 16:26 (ESV)

*...“You shall love the Lord your God with all your heart and with all your soul and with all your mind.”<sup>38</sup> This is the great and first commandment.<sup>39</sup> And a second is like it: You shall love your neighbor as yourself.<sup>40</sup> On these two commandments depend all the Law and the Prophets.”* Matthew 22:37-39 (ESV)

**Big Idea: Practicing \_\_\_\_\_ is the secret to an unhurried life.**

**God is always \_\_\_\_\_ and \_\_\_\_\_.**

*But when the fullness of time had come, God sent forth his Son, born of woman, born under the law,<sup>5</sup> to redeem those who were under the law, so that we might receive adoption as sons.*  
Galatians 4:4-5 (ESV)

**\_\_\_\_\_ showed us how to live an unhurried life.**

*Then Jesus told his disciples, “If anyone would come after me, let him deny himself and take up his cross and follow me.”* Matthew 16:24 (ESV)

*Come to me, all who labor and are heavy laden, and I will give you rest.<sup>29</sup> Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.<sup>30</sup> For my yoke is easy, and my burden is light.”* Matthew 11:28-30 (ESV)

## DAILY REFLECTIONS ON HURRY

### Monday

Read Psalm 46. Because of what the Psalmist declares in verses 1-9, he gives us a helpful activity to practice in v. 10. Do you have a habit of taking time every day to “Be still and know...God.” Take a deep breath, exhale slowly and read the Psalm over again. Reflect on how amazing it is to know God who is your “refuge and strength and a very present help in trouble”. Let that breathe life into your day.

### Tuesday

Read 1 Corinthians 13. It is often regarded as “The Love Chapter”. What is the first description of love in v. 4? Is patience compatible with hurry? How about kindness? Have you ever been rude, selfish or irritable to someone you love because you were in a hurry? Read v. 7. Love moves slowly not in a hurry. How can you slow down and love more this week?

### Wednesday

Read Luke 10:25-37. Here Jesus shares the Great Commandment. When asked “who is my neighbor” He tells the iconic story of the Good Samaritan. Google “Princeton university good Samaritan experiment”. What did Jesus’ parable and this experiment reveal about the relationship between hurry and love? Do you love more or less when you are in a hurry? How can you slow down?

### Thursday

Read Luke 10:38-42. With whom do you identify in this story, Martha or Mary? What was more important to Jesus, quality time with friends or a perfect meal? A simpler meal would have given both women more time with Jesus. How might this help you enjoy a less hurried Christmas with family, friends and Jesus?

### Friday

Read Isaiah 40:27-31. When you are faint, weary and exhausted by the stress, worry and hurry of life, what does God require of us to renew our strength? When you feel hurried and stressed this week, practice slowing, waiting and praying for God’s strength