



**How high was your
stack this past week?**



Multi-tasking is the drive to be more than we are, to control more than we do, to extend our power and our effectiveness. Such practice yields a divided self with full attention given to nothing.

- Walter Brueggemann



A fanatic has been described as a person who, when unsure of his direction, doubles his speed.

- Charles Hummel



**Hurry is the greatest enemy
of spiritual life in our day.
Hurry can destroy our souls.
Hurry can keep us from living
well. . . . Hurry is not just a
disordered schedule. Hurry
is a disordered heart.**

- John Ortberg

Expectations
Technology
Boundaries
Pride



No is a freedom word. I don't have to do what either my glands or my culture tell me to do. The judicious, well-placed No frees us from many a blind alley, many a rough detour, frees us from debilitating distractions and seductive sacrilege. The art of saying No sets us free to follow Jesus.

- Eugene Peterson



**You must ruthlessly eliminate
hurry from your life.**

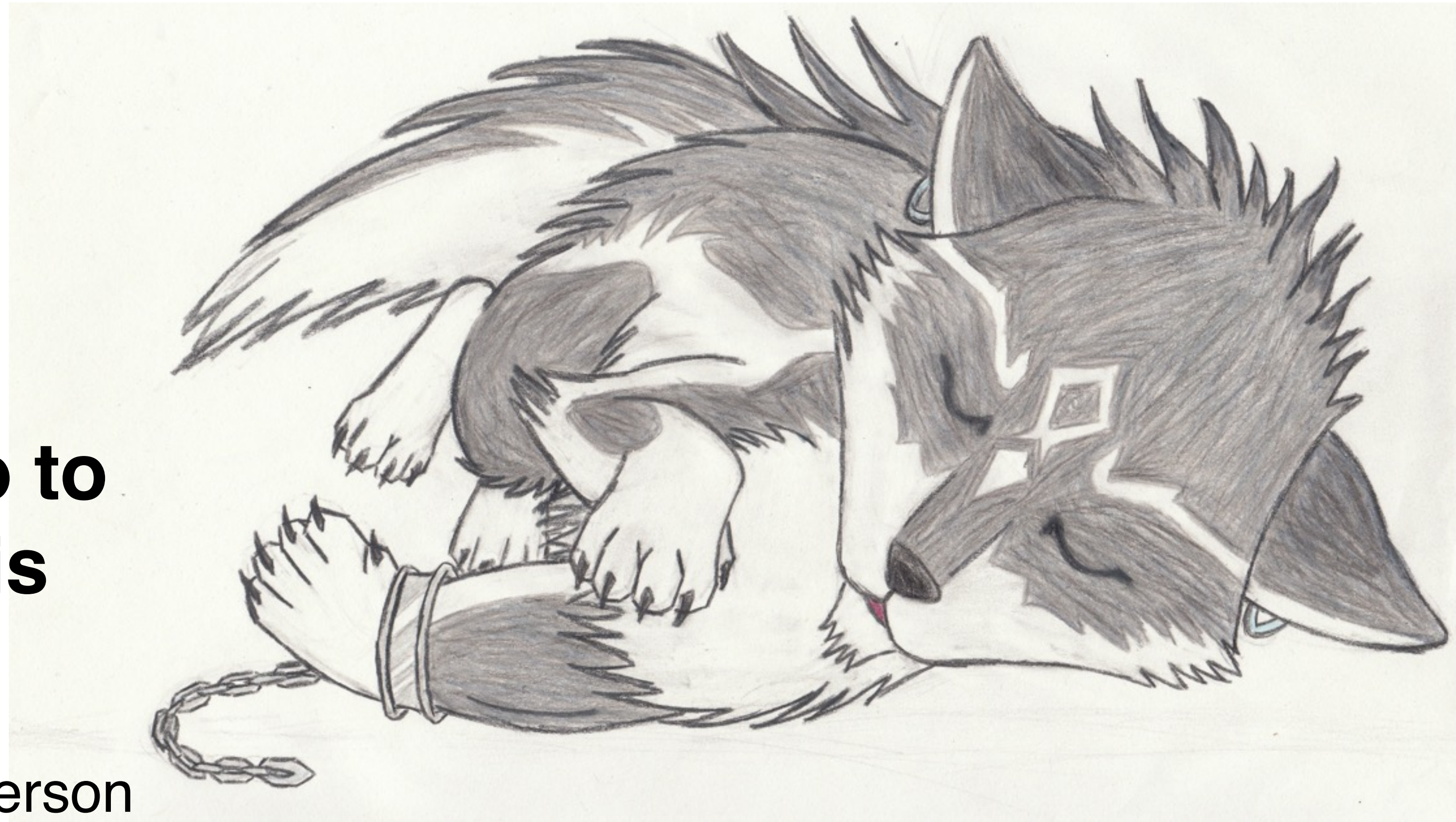
- Dallas Willard



Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword. Then Jezebel sent a messenger to Elijah, saying, “So may the gods do to me and more also, if I do not make your life as the life of one of them by this time tomorrow.” Then he was afraid, and he arose and ran for his life and came to Beersheba, which belongs to Judah, and left his servant there. But he himself went a day's journey into the wilderness and came and sat down under a broom tree. And he asked that he might die, saying, “It is enough; now, O Lord, take away my life, for I am no better than my fathers.” And he lay down and slept under a broom tree. And behold, an angel touched him and said to him, “Arise and eat.” And he looked, and behold, there was at his head a cake baked on hot stones and a jar of water. And he ate and drank and lay down again.

**The Hebrew evening /
morning sequence
conditions us to the
rhythms of grace. We go to
sleep, and God begins his
work.**

- Eugene Peterson

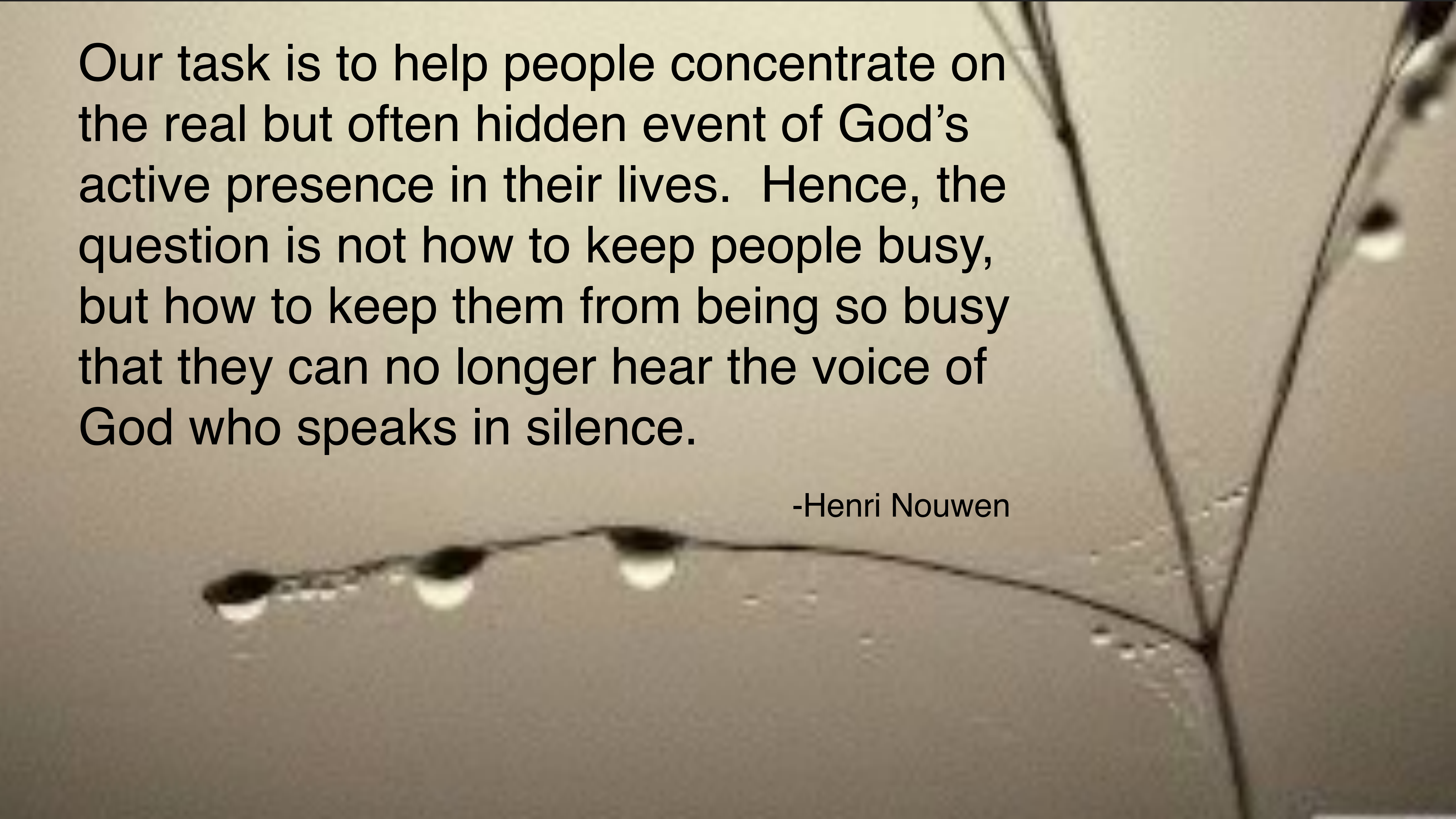


“About one third of our lives are spent in sleep. Through these collective years of rest, God is at work in us and in the world, redeeming, healing, and giving grace. Each night when we yield to sleep, we practice letting go of our reliance on self-effort and abiding in the good grace of our Creator. Thus embracing sleep is not only a confession of our limits; it is also a joyful confession of God’s limitless care for us.”

- Tish Harrison Warren

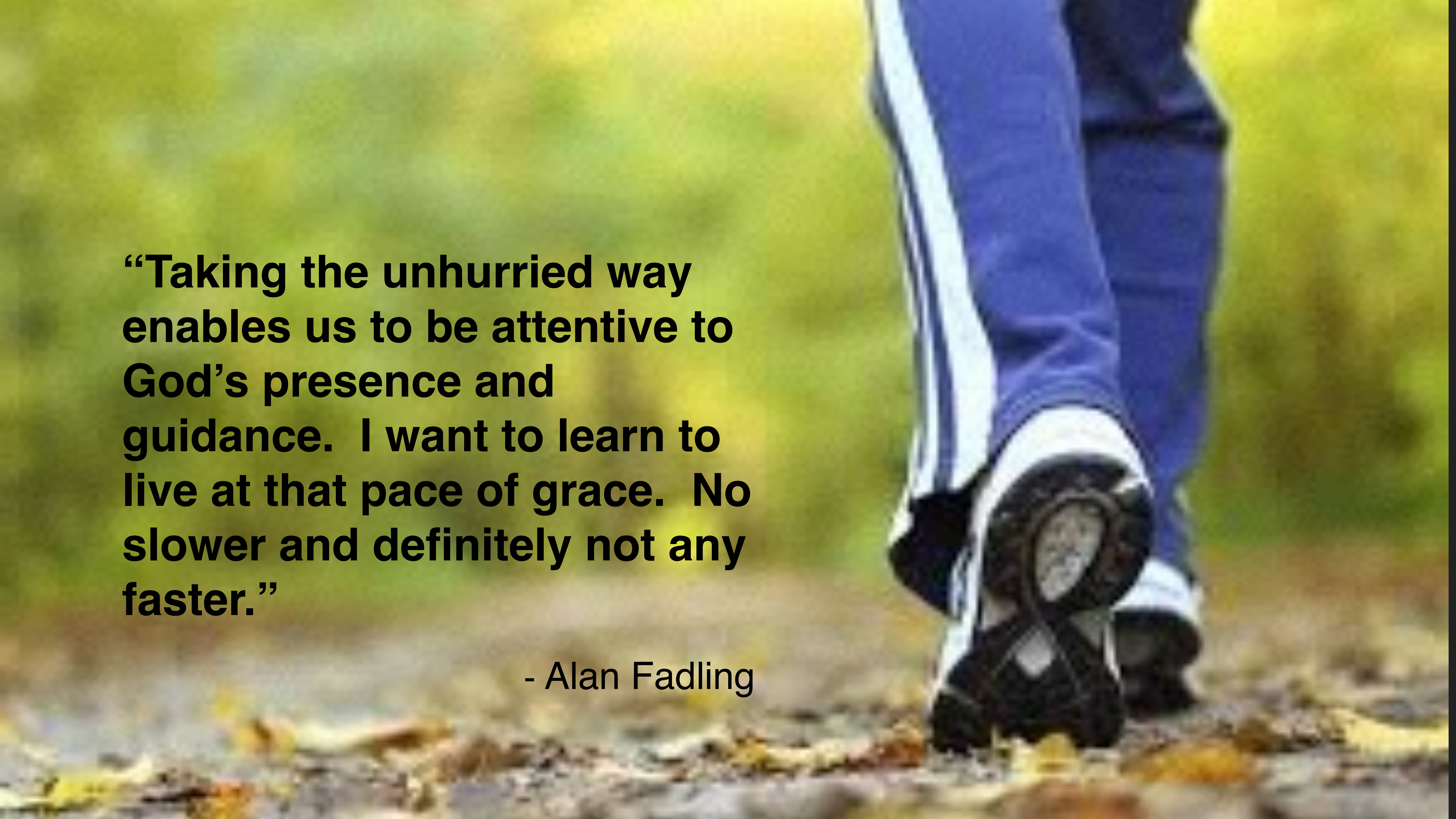


And the angel of the Lord came again a second time and touched him and said, “Arise and eat, for the journey is too great for you.” And he arose and ate and drank, and went in the strength of that food forty days and forty nights to Horeb, the mount of God. There he came to a cave and lodged in it. And behold, the word of the Lord came to him, and he said to him, “What are you doing here, Elijah?” He said, “I have been very jealous for the Lord, the God of hosts. For the people of Israel have forsaken your covenant, thrown down your altars, and killed your prophets with the sword, and I, even I only, am left, and they seek my life, to take it away.” And he said, “Go out and stand on the mount before the Lord.” And behold, the Lord passed by, and a great and strong wind tore the mountains and broke in pieces the rocks before the Lord, but the Lord was not in the wind. And after the wind an earthquake, but the Lord was not in the earthquake. And after the earthquake a fire, but the Lord was not in the fire. And after the fire the sound of a low whisper.



Our task is to help people concentrate on the real but often hidden event of God's active presence in their lives. Hence, the question is not how to keep people busy, but how to keep them from being so busy that they can no longer hear the voice of God who speaks in silence.

-Henri Nouwen

A close-up, low-angle shot of a person's legs and feet as they walk on a path covered with fallen autumn leaves. The person is wearing blue athletic pants with a white stripe down the side and white sneakers with black laces. The background is a soft-focus green field.

**“Taking the unhurried way
enables us to be attentive to
God’s presence and
guidance. I want to learn to
live at that pace of grace. No
slower and definitely not any
faster.”**

- Alan Fadling



selah

