

**Patterns**  
**The Practice of Slowing**  
August 30, 2015

*"Come with me by yourselves to a quiet place and get some rest."*  
- Jesus in Mark 6:31 (TNIV)

**Symptoms of "Hurry Sickness"**

1. Constantly speeding up my \_\_\_\_\_.
2. \_\_\_\_\_.
3. \_\_\_\_\_.
4. \_\_\_\_\_. (most serious symptom)

I must ruthlessly eliminate hurry from my life.

**How do I inoculate myself against "hurry sickness"?**

1. Learn to \_\_\_\_\_.
2. Practice \_\_\_\_\_.
  - What do I do? Primarily \_\_\_\_\_.
  - "In \_\_\_\_\_ I get rid of my \_\_\_\_\_."
  - Two ways to practice
    - I need to practice \_\_\_\_\_ on a \_\_\_\_\_.
    - I need to practice \_\_\_\_\_ on occasion for an \_\_\_\_\_ of \_\_\_\_\_.

*"Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."*

- Jesus in Matthew 11:28-30 (NLT)

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