

Healing Our “Hurry-Up Sickness”

OMGosh! It’s October!! Where has the year gone? When I realized it was October 1st, I realized I had completely forgotten about writing this article. I got that sinking and disappointing feeling in my stomach. How could I forget this? What have I been so busy doing to forget? Then I started ticking off the tasks. Before I knew it, I was calculating the number of days left in the year. All of this mental panic made me think about a John Ortberg book I have read several times, *The Life You’ve Always Wanted*. It appears that I am suffering from ‘hurry-up sickness’.

Lately, I have found myself rushing around to meet all the obligations I have committed myself to and wondering why do I do this to myself. Do you find yourself looking for the shortest checkout line? Or wonder how and why everybody wants to “just chat” and think “don’t these people have somewhere to be?” Let’s not even talk about the people who drive the speed limit or worse yet, below the speed limit. If you answered yes to any of these, you have the hurry-up sickness.

This led me to think about the last time that I intentionally sat down to have a conversation with God. Sadly our communication has been a little on the light side. I mean, sure, I talk to God when I’m racing around to get out the door or when I’m driving from place to place until traffic interrupts.

I’ve had to stop and remind myself God wants to be in a relationship with me *now*, but He is not going to compete with my busyness. He is going to wait until I slow down and take the time to talk to him. More importantly, for me to be quiet enough to hear what He wants for me. God wants and deserves the best part of my day. For me, I am at my best early in the morning. This is when I need to stop and take time for God.

Part of suffering from hurry-up sickness is time management. I want to give God my whole morning, but realistically I can only stay focused for about 15-20 minutes at a time. As it turns out, these 15-20 minutes are the Best part of my day. We’ve agreed that that is acceptable for now. While the world demands for me to do more and to be all that I can be, God whispers: Be Still and know that I AM. (Psalm 46:10)

I want to share some sayings with you that I’ve heard over the years. Hopefully, at least one of them will resonate with you.

* Being too busy is not a sign of being successful, but it is a way to miss God’s blessings on a daily basis.

* Sometimes the greatest gift we can give ourselves and to those around us is to just “pump the brakes”.

* Without proper time to rest, we become emotionally and spiritually fragile.

* Setting limits is very important!

* Make a “stop-doing” list rather than a “to-do” list.

* For fast-acting relief, try slowing down.

As we enter into the holiday season, it's important to keep our priorities in order. We need to realize that we will never regret making the time to share ourselves with God. After all, He knows that what we need is far better than what we get caught up filling our days with.

Here is some scripture reading reminding us how to stay focused:

Isaiah 40:31

Proverbs 3:5-6

Lamentations 3:25

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