



Slowing

Psalms 46:10; Mark 1:32-39; Luke 5:15-16
8.30.2026
Brian Lightsey

Psalms 46:10 “Be still, and know that I am God.” (NIV)

I can be still and stop striving even when life all around me is shaking.

“Hurry is the great enemy of the spiritual life.... You must ruthlessly eliminate hurry from your life.” – Dallas Willard

“I cannot live in the kingdom of God with a hurried soul.” – John Ortberg

Acts 17:27 “God...is not far from any one of us.” (NIV)

God is always present and active all around us, but in our busyness, we are not paying attention or aware.

Genesis 28:16 ...Jacob...thought, “Surely the LORD is in this place, and I was not aware of it.” (NIV)

The Christian Life

Attention ► Awareness ► Abiding ► Abundant Life

Because our hurry distracts our attention, we miss abiding with Jesus and his abundant life. (Lk. 10:38-42)

Psalms 16:8 I have set the LORD always before me... (ESV)

How do we pay attention and keep God before us?

Jesus is our example and models the way for us.

Mark 1:32 That evening after sunset the people brought to Jesus all the sick and demon-possessed. 33 The whole town gathered at the door, 34 and Jesus healed many who had various diseases. He also drove out many demons.... (NIV)

Jesus was often busy, but he was never hurried.
He lived proactively, not reactively.

Busy is an external condition of the body.
Hurry is an internal condition of the soul.

Mark 1:35 Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. 36 Simon and his companions went to look for him, 37 and when they found him, they exclaimed: “Everyone is looking for you!” 38 Jesus replied, “Let us go somewhere else – to the nearby villages – so I can preach there also. That is why I have come.” 39 So he traveled throughout Galilee, preaching in their synagogues and driving out demons. (NIV)

Luke 5:15 ...news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. 16 But Jesus often withdrew to lonely places and prayed. (NIV)

Jesus slowed down to make space to go to a place to seek God’s face to set his pace.

Jesus did not make space for God because he was not busy. He made space for God because he was busy.

Jesus made space so he could pay attention to God and stay on mission.

Slowing: Reducing hurry and creating space to be aware and present with God.

Slowing is related to other spiritual practices:

Solitude: Meeting alone with God, away from the fast forces of the world. (Matt. 4:1-11; 14:13, 23; 26:36-46; Mk. 1:35; 6:31; Lk. 4:42; 5:16; 6:12; 22:39-41)

Silence: Sitting before God in quiet and stillness. (Psa. 37:7; 131:2; Eccl. 3:1, 7; Isa. 30:15; John 8:47; 10:27; Rom. 10:17; Rev. 3:20)

The solution to our problem of hurry is not more time.
The solution to our problem of speed is space.

Slowing moves us from distraction to discipleship.

Mark 8:34 Then he called the crowd to him along with his disciples and said: “Whoever wants to be my disciple must deny themselves and take up their cross and follow me.” (NIV)

Luke 14:28 “But don’t begin until you count the cost...” (NLT)

What will I cut from my life to make space for time with Jesus? _____

When and where is my space? _____

Ideas for Practicing Slowing throughout the Day

1. Drive the speed limit.
2. Drive in the slow lane.
3. Come to a full stop at stop signs.
4. Don't text and drive.
5. Show up 10 minutes early for an appointment.
6. Get in the longest checkout line at the grocery store.
7. Turn your smartphone into a dumb phone.
8. Get a flip phone or ditch your cell phone altogether.
9. Parent your phone - put it to bed before you go to bed and make it sleep in.
10. Keep your phone off until after your morning quiet time.
11. Set time limits for email.
12. Set time limits for social media (or just get off it).
13. Limit TV watching.
14. Single-task.
15. Walk slower, eat slower, talk slower.
16. Take a regular day for Sabbath, Silence, and Solitude.
17. Take up journaling.
18. Experiment with mindfulness and meditation.
19. If you can, take long vacations.
20. Cook your own food and eat in.

Ideas for practicing slowing are adapted from *Spiritual Disciplines Handbook: Practices that Transform Us* by Adele Ahlberg Calhoun and *The Ruthless Elimination of Hurry* by John Mark Comer.