

“Hurry Sickness or Soul Rest?” (Matthew 11:28-30)

KCCC 2025 English Retreat



John 15:1–11 (ESV)



“I am the true vine, and my Father is the vinedresser. Every branch in me that does not **bear fruit** he takes away, and every branch that does **bear fruit** he prunes, that it may **bear more fruit**. Already you are clean because of the word that I have spoken to you.

Abide in me, and I in you. As the branch cannot **bear fruit** by itself, unless it **abides** in the vine, neither can you, unless you **abide** in me. I am the vine; you are the branches. Whoever **abides** in me and I in him, he it is that **bears much fruit**, for **apart from me you can do nothing**.

If anyone does not **abide** in me, he is thrown away like a branch and withers; and the branches are gathered, thrown into the fire, and burned. If you **abide** in me, and my words **abide** in you, **ask whatever you wish**, and it will be done for you.

By this my Father is glorified, that you **bear much fruit** and so **prove to be my disciples**.

As the Father has loved me, so have I loved you. **Abide** in my love. If you **keep my commandments**, you will **abide** in my love, just as I have kept my Father’s commandments and **abide** in his love.

These things I have spoken to you, **that my joy may be in you, and that your joy may be full**.

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²⁵ At that time Jesus declared, “I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to little children; ²⁶ yes, Father, for such was your gracious will. ²⁷ All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

²⁸ *Come to me, all who labor and are heavy laden, and I will give you rest. ²⁹ 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. ³⁰ For my yoke is easy, and my burden is light.”*

*What are some
observations from
these verses?*

Matthew 11:25-30 (ESV)

Observations:

- It's an invitation – “Come”
- It's a promise – “I will give you rest”
- It's an exchange, not a removal – “Take”
- It's a faith test – “Learn”

Do the disciples (do you) believe Jesus?

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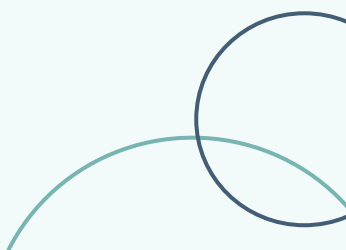
Book Recommendation

In this series, pastor and author John Mark Comer walks us through why eliminating hurry from our lives is the key to enhancing our spiritual lives. Explore how to find rest through four practices of Jesus: silence and solitude, sabbath, simplicity, and slowing.



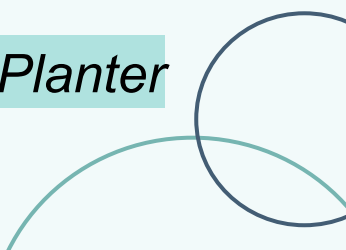
*“There is nothing else. **Hurry** is the great enemy of spiritual life in our day. You must ruthlessly eliminate hurry from your life.”*

– Dallas Willard



*“There is a difference between simply being busy and being hurried. Being busy is about the things you have to do. Being hurried is the spiritual, mental, and emotional state that you are in when trying to do the things you have to do. You can be busy without being hurried, **Hurriedness is like a strong wind that blows on the waters of your heart. If the waves are too high, you forget about others and focus on your own survival, making compassion toward others impossible.**”*

– Darrin Patrick, *Church Planter*



Hurry Sickness



A behavior pattern characterized by continual rushing and anxiousness.

A malaise in which a person feels chronically short of time, and so tends to perform every task faster and to get flustered when encountering any kind of delay.

A continuous struggle and unremitting attempt to accomplish or achieve more and more things or participate in more and more events in *less and less time.*

Irritability

You get mad, frustrated, or just annoyed way too easily. Little, normal things irk you. People have to tiptoe around your ongoing low-grade negativity, if not anger... Word of advice: to self-diagnose don't look at how you treat a colleague or neighbor; **look at how you treat those closest to you:** your spouse, children, roommate, etc.



Hypersensitivity

All it takes is a minor comment to hurt your feelings, a grumpy email to set you off, or a little turn of events to throw you into an emotional funk and ruin your day. Minor things quickly escalate to major emotional events... this might show up as anger or “nitpickyness” or anxiety or depression or just tiredness. Point is, ***the ordinary problems of life have a disproportionate effect on your emotional well-being and relational grace.*** You can't seem to roll with the punches.



Restlessness

When you actually do try to slow down and rest, ***you can't relax***. You give Sabbath a try, and you hate it. You read Scripture but find it boring. You have quiet time with God but can't focus your mind. You go to bed early but toss and turn with anxiety. You watch TV but simultaneously check your phone, fold laundry, get into a spat on Twitter, or maybe you just answer an email.



Workaholism (or just nonstop activity)

You just don't know when to stop. Or worse, you can't stop. Another hour, another day, another week.

Your drugs of choice are accomplishment and accumulation. These could show up as careerism or just as obsessive house cleaning and errand running. Result: you fall prey to ***"sunset fatigue,"*** where by day's end you have nothing left to give to your spouse, children, or loved ones. They get the grouchy, curt, overtired you... and it's not pretty.



Emotional Numbness

You just don't have the capacity to feel another's pain. Or your own pain for that matter. ***Empathy is a rare feeling for you.*** You just don't have the time for it. You live in this kind of constant fugue.

Fugue - a state or period of loss of awareness of one's identity, often coupled with flight from one's usual environment, associated with certain forms of hysteria and epilepsy.



Out-of-order Priorities

You feel disconnected from your identity and calling. You're always getting sucked into the tyranny of the urgent, not the important. ***Your life is reactive, not proactive.*** You're busier than ever before yet still feel like you don't have time for ***what really matters to you.*** Months often go by or years—and you realize you still haven't gotten around ***to all the things you said were the most important in your life.***



Lack of Care for Your Body

You don't have time for the basics. eight hours of sleep a night; daily exercise; healthy, home-cooked food; minimal stimulants; margin. You gain weight. Get sick multiple times a year. Regularly wake up tired. Don't sleep well. Live off the four horsemen of the industrialized food apocalypse: caffeine, sugar, processed carbs, and alcohol.



Escapist Behaviors

When we're too tired to do what's ***actually life giving for our souls, we each turn to our distraction of choice***: overeating, overdrinking, binge-watching Netflix, browsing social media, surfing the web, looking at porn—name your preferred cultural narcotic... You find yourself stuck in the negative feedback loop of ***socially acceptable addictions***.



Slippage of Spiritual Disciplines

The things that are truly life giving for your soul are the first to go, rather than your first go to—such as a quiet time in the morning, Scripture, prayer, Sabbath, worship on Sunday, a meal with your community, and so on. ***Because in an ironic catch-22, the things that make for rest actually take a bit of emotional energy and self-discipline.*** When we get overbusy, we get overtired, and when we get overtired, we don't have the energy or discipline to do what we need most for our souls... We delay the inevitable: an emotional crash. And as a consequence, ***we miss out on the life-giving sense of the with-ness of God.***



Isolation

You feel disconnected from God, others, and your own soul. On those rare times when you actually stop to pray..., ***you're so stressed and distracted that your mind can't settle down long enough to enjoy the Father's company.*** Same with your friends: when you're with them, you're also with your phone or a million miles away in your mind, running down the to-do list. ***And even when you're alone, you come face to face with the void that is your soul and immediately run back to the familiar groove of busyness and digital distraction.***



Hurry...

- is a threat not only to our emotional health but to our spiritual lives as well.
- kills relationships. Love takes time; hurry doesn't have it.
- kills joy, gratitude, appreciation; people in a rush don't have time to enter the goodness of the moment.
- kills wisdom; wisdom is born in the quiet, the slow.
- kills all that we hold dear: spirituality, health, marriage, family, thoughtful work, creativity, generosity...name your value. Hurry is a sociopathic predator loose in our society.

Ponder...

- Is this the way of Jesus?
- Who am I becoming?
- What is lost when I hurry?

How often do I live without a sense of God's presence throughout my day?

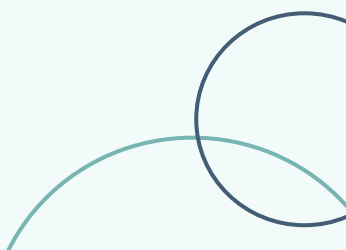


Soul Rest

- The solution isn't more time
- The solution is "to slow down and simplify our lives around what really matters"

*"A yoke is a work instrument. Thus when Jesus offers a yoke he offers what we might think tired workers need least. They need a mattress or a vacation, not a yoke. But Jesus realizes that the most restful gift he can give the tired is a **new way to carry life**, a fresh way to bear responsibilities... Realism sees that life is a succession of burdens; we cannot get away from them; thus instead of offering escape, Jesus offers equipment. Jesus means that obedience to his yoke will develop in us a balance and a "way" of carrying life that will give more rest than the way we have been living."*

– Frederick Dale Bruner

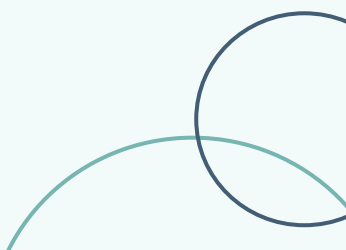


Soul Rest

- The solution isn't more time
- The solution is "to slow down and simplify our lives around what really matters"
- The secret of the "easy yoke"?
 - Be WITH Jesus
 - Be Like Jesus
 - Do what Jesus would do if He were You
- **It involves adopting His lifestyle.**

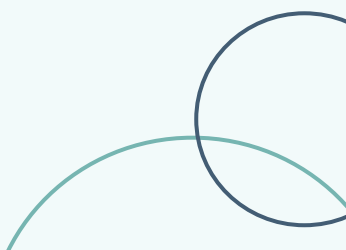
*“In this truth lies the secret of the easy yoke: the secret involves living as Jesus lived in the entirety of his life - **adopting his overall lifestyle**... Our mistake is to think that following Jesus consists in loving our enemies, going the “second mile”, turning the other cheek, suffering patiently and hopefully — while living the rest of our lives just as everyone else around us does... It’s a strategy bound to fail.”*

– Dallas Willard, *The Spirit of the Disciplines*



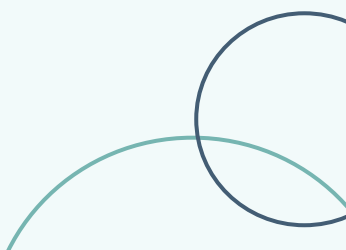
“The good of being delivered from hurry is not simply pleasure but the ability to do calmly and effectively—
with strength and joy—that which really matters”

– John Ortberg



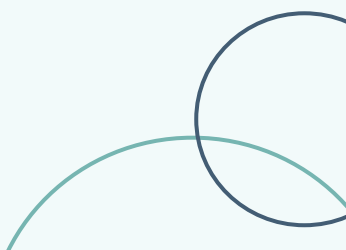
³⁸Now as they went on their way, Jesus entered a village. And a woman named Martha welcomed him into her house. ³⁹And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. ⁴⁰But Martha was distracted with much serving. And she went up to him and said, "Lord, do you not care that my sister has left me to serve alone? Tell her then to help me." ⁴¹But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things, ⁴²but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her."

Luke 10:38-42



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1. What part of Matthew 11:28-30 stood out to you personally? Why?
2. As you heard the description of the symptoms of “hurry sickness”, did you identify with any of them? How do you feel about this, and how do you intend to address this?
3. What are some of the things in your life that contribute to “hurry sickness” showing up in your life?
4. If you were to adopt Jesus’ lifestyle, what would be one of the first areas of your life in which you need to allow God to adjust?

Discussion Questions