

NOW AS THEY WENT ON THEIR WAY, JESUS ENTERED A VILLAGE. AND A WOMAN NAMED MARTHA WELCOMED HIM INTO HER HOUSE. AND SHE HAD A SISTER CALLED MARY, WHO SAT AT THE LORD'S FEET AND LISTENED TO HIS TEACHING. BUT 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

**LUKE 10:38-42**

HER THEN TO HELP ME.” BUT THE LORD ANSWERED HER, “MARTHA, MARTHA, YOU ARE ANXIOUS AND TROUBLED ABOUT MANY THINGS, BUT ONE THING IS NECESSARY. MARY HAS CHOSEN THE GOOD PORTION, WHICH WILL NOT BE TAKEN AWAY FROM HER.”

**LUKE 10:38-42**



# FORMATION

THE ART & SCIENCE

OF HOW WE CHANGE

**VOLUME III: REST**



# LUKE 10

V. 38-42

**FORMATION**



**HURRY** IS THE GREAT ENEMY OF SPIRITUAL LIFE IN OUR DAY. YOU MUST **RUTHLESSLY ELIMINATE HURRY** FROM YOUR LIFE.

**DALLAS WILLARD**

**FORMATION**





**FORMATION**



# LUKE 10

V. 38-42

**FORMATION**



# HURRY SICKNESS

**FORMATION**



# HURRY SICKNESS

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.

**FORMATION**



**FORMATION**



I'M IN A HURRY TO GET THINGS DONE, OH I'M  
RUSHING AND RUSHING UNTIL LIFE'S NO FUN. ALL  
I'VE REALLY GOTTA DO IS LIVE AND DIE, BUT I'M IN  
A HURRY AND DON'T KNOW WHY.

**ALABAMA**

**FORMATION**





**FORMATION**



**SYMPTOMS OF HURRY:**

**FORMATION**



# **SYMPTOMS OF HURRY:**

- **IRRITABILITY**

**FORMATION**



# **SYMPTOMS OF HURRY:**

- IRRITABILITY
- **RESTLESSNESS & WORKAHOLISM**

**FORMATION**



## **SYMPTOMS OF HURRY:**

- IRRITABILITY
- RESTLESSNESS & WORKAHOLISM
- **EMOTIONAL NUMBNESS**

**FORMATION**



## **SYMPTOMS OF HURRY:**

- IRRITABILITY
- RESTLESSNESS & WORKAHOLISM
- EMOTIONAL NUMBNESS
- **LACK OF CARE FOR YOUR BODY**

**FORMATION**



## **SYMPTOMS OF HURRY:**

- IRRITABILITY
- RESTLESSNESS & WORKAHOLISM
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- LACK OF CARE FOR YOUR BODY
- **ESCAPIST BEHAVIORS**

**FORMATION**



## **SYMPTOMS OF HURRY:**

- IRRITABILITY
- RESTLESSNESS & WORKAHOLISM
- EMOTIONAL NUMBNESS
- LACK OF CARE FOR YOUR BODY
- ESCAPIST BEHAVIORS
- **ABSENCE OF SPIRITUAL DISCIPLINES**



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- IRRITABILITY
- RESTLESSNESS & WORKAHOLISM
- EMOTIONAL NUMBNESS
- LACK OF CARE FOR YOUR BODY
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- **ISOLATION**

**FORMATION**



## **SYMPTOMS OF HURRY:**

- IRRITABILITY
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- ISOLATION





**FORMATION**



IT MAY BE THE CASE THAT (1) CHRISTIANS ARE ASSIMILATING TO A CULTURE OF BUSYNESS, HURRY AND OVERLOAD, WHICH LEADS TO (2) GOD BECOMING MORE MARGINALIZED IN CHRISTIANS' LIVES, WHICH LEADS TO (3) A DETERIORATING RELATIONSHIP WITH GOD, WHICH LEADS TO (4) CHRISTIANS BECOMING EVEN MORE VULNERABLE TO ADOPTING SECULAR ASSUMPTIONS ABOUT HOW TO

**MICHAEL ZIGARELLI**

**FORMATION**



LIVE, WHICH LEADS TO (5) MORE CONFORMITY TO A  
CULTURE OF BUSYNESS, HURRY AND OVERLOAD.  
AND THEN THE CYCLE BEGINS AGAIN.

**MICHAEL ZIGARELLI**

**FORMATION**





**FORMATION**



FOR MANY OF US THE GREAT DANGER IS NOT THAT WE WILL RENOUNCE OUR FAITH. IT IS THAT WE WILL BECOME SO DISTRACTED AND RUSHED AND PREOCCUPIED THAT WE WILL SETTLE FOR A MEDIOCRE VERSION OF IT. WE WILL JUST SKIM OUR LIVES INSTEAD OF ACTUALLY LIVING THEM.

**JOHN ORTBERG**

**FORMATION**





**FORMATION**



WE, FOR EVERY KIND OF REASON, GOOD AND BAD,  
ARE **DISTRACTING OURSELVES INTO SPIRITUAL  
OBLIVION**. IT IS NOT THAT WE HAVE **ANYTHING  
AGAINST** GOD, DEPTH, AND SPIRIT. WE WOULD LIKE  
THESE—IT IS JUST THAT WE ARE **HABITUALLY TOO  
PREOCCUPIED** TO HAVE ANY OF THESE SHOW UP ON  
OUR RADAR SCREENS. WE ARE **MORE BUSY THAN  
BAD**, MORE DISTRACTED THAN NONSPIRITUAL, AND  
MORE INTERESTED IN THE MOVIE THEATER, THE

**RONALD ROLHEISER**

**FORMATION**



SPORTS STADIUM, AND THE SHOPPING MALL AND THE FANTASY LIFE THEY PRODUCE IN US THAN WE ARE IN CHURCH. **PATHOLOGICAL BUSYNESS, DISTRACTION, AND RESTLESSNESS** ARE MAJOR BLOCKS TODAY WITHIN OUR SPIRITUAL LIVES.

**RONALD ROLHEISER**

**FORMATION**





**FORMATION**



# LUKE 10

V. 38-42

**FORMATION**





**FORMATION**



SILENCE AND SOLITUDE ARE COUNTERMEASURES FOR A WORLD THAT TRIES TO PERSUADE US THAT OUR WORTH IS MEASURED BY OUR USEFULNESS. THESE EXPERIENCES REMIND US THAT WE HAVE **INTRINSIC VALUE** TO GOD. WE DO NOT HAVE TO **PRODUCE** TO BE **LOVED** AND **ACCEPTED** BY HIM.

**JOHN KOESSLER**

**FORMATION**





**FORMATION**



I AM THE VINE; YOU ARE THE BRANCHES. **IF YOU REMAIN IN ME** AND I IN YOU, YOU WILL BEAR MUCH FRUIT; **APART FROM ME** YOU CAN DO NOTHING. IF YOU **DO NOT REMAIN IN ME**, YOU ARE LIKE A BRANCH THAT **IS THROWN AWAY AND WITHERS**; SUCH BRANCHES ARE PICKED UP, THROWN INTO THE FIRE AND BURNED.

**JOHN 15:5-6**

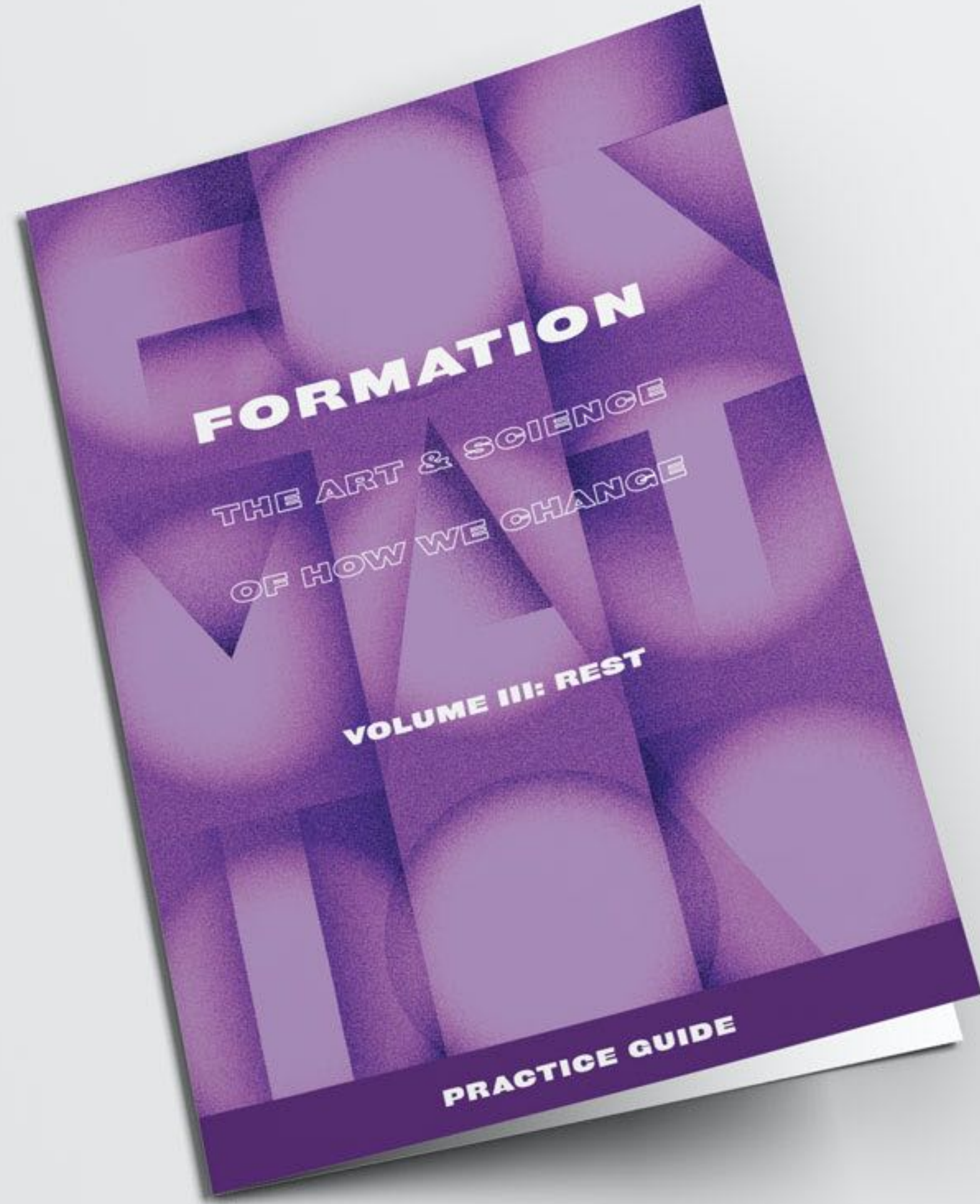
**FORMATION**





**FORMATION**





**Practice Guide**  
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**SILENCE  
& SOLITUDE**

**UNHURRYING  
PRAYER**

**FORMATION**



**SILENCE  
& SOLITUDE**

**UNHURRYING  
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