

A person wearing a grey denim shirt is sitting and reading a book. The background is softly blurred, showing a green plant and a brown woven basket. The overall mood is calm and focused.

Unhurried Rhythms

Everyday Practices for Everyday People



“I am the true grapevine, and My Father is the gardener. He cuts off every branch of Mine that doesn’t produce fruit, and He prunes the branches that do bear fruit so they will produce even more. You have already been pruned and purified by the message I have given you. Remain in Me, and I will remain in you.

John 15:1-11



For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in Me.

Yes, I am the vine; you are the branches. Those who remain in Me, and I in them, will produce much fruit. For apart from Me you can do nothing. Anyone who does not remain in Me is thrown away like a useless branch and withers.

John 15:1-11



Such branches are gathered into a pile to be burned. But if you remain in Me and My words remain in you, you may ask for anything you want, and it will be granted! When you produce much fruit, you are My true disciples. This brings great glory to My Father. “I have loved you even as the Father has loved Me. Remain in My love.

John 15:1-11



When you obey My commandments, you remain in My love, just as I obey My Father's commandments and remain in His love. I have told you these things so that you will be filled with My joy. Yes, your joy will overflow!

John 15:1-11



“Yes, I am the vine; you are the branches. Those who remain in Me, and I in them, will produce much fruit. For apart from Me you can do nothing.”

John 15:5

Q: In your opinion, who was the most influential Christian of the Middles Ages?





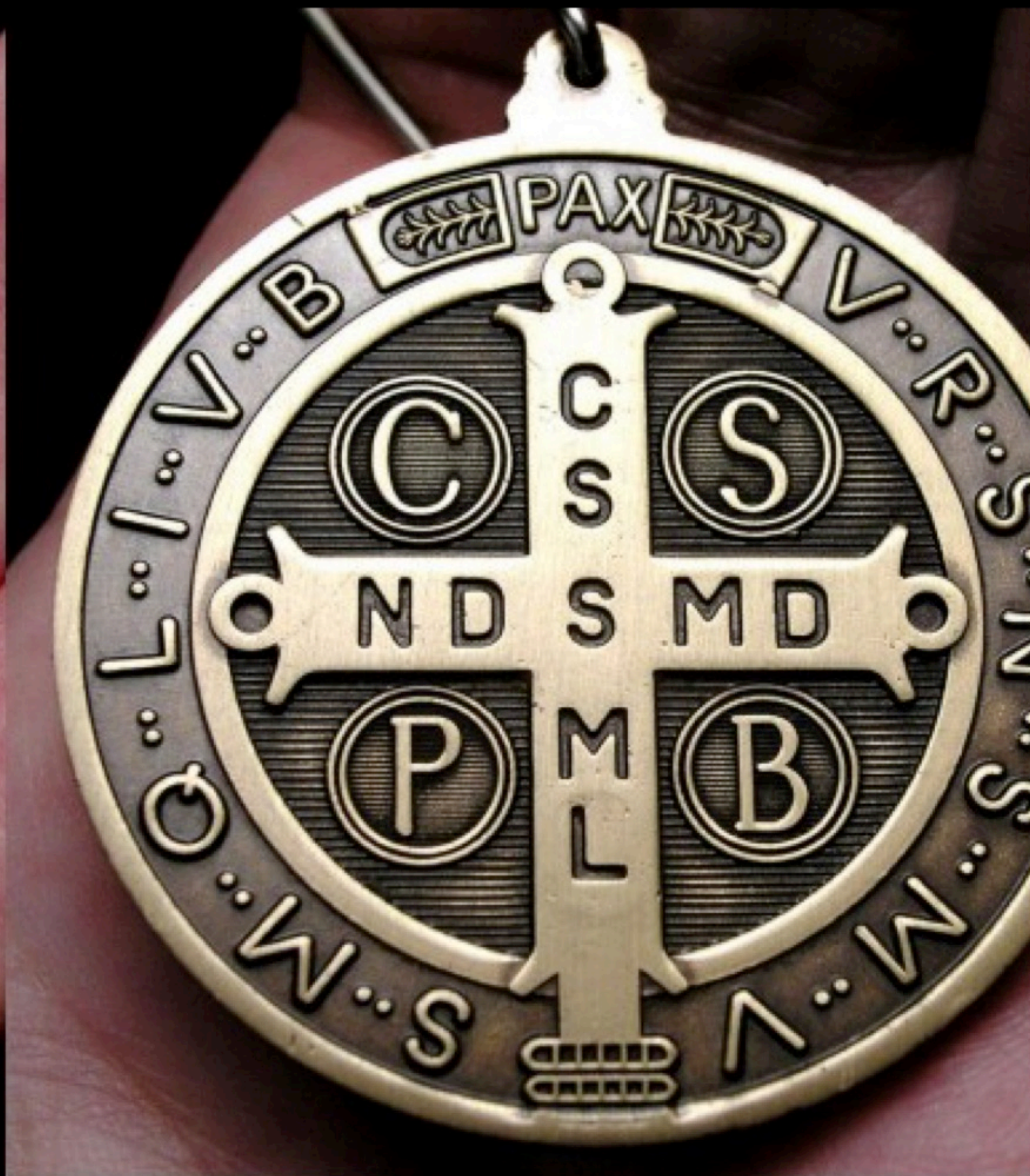
St. Benedict of Nursia (480-550)

- Born a twin to an affluent family
- Sent to Rome for secondary education
- Became disillusioned with Roman lifestyle
- Became monk and withdrew from popular culture
- Welcomed others to join and it worked
- Patron Saint of Europe
- Father of Western Monasticism
- Founder of Cenobitic Monasticism
- Montecassino Abbey
- Canonized by Catholic Church











The Rule of Benedict

- Forbade accumulation of wealth/possessions
- 5hrs/day productive work
- 2hrs/day minimum reading
- Several times of daily prayer
- Regular acts of charity
- Demanded theological virtues
- Demanded humanitarian virtues
- Offered wise advice









1. I'm not going to be owned by hurry.
2. I'm not going to be formed by popular culture.
3. I'm not going to follow alone.



I told him about the present condition of my heart, as best I could discern it. What did I need to do, I asked him, to be spiritually healthy? Long pause. "You must ruthlessly eliminate hurry from your life," he said at last. Another long pause. "Okay, I've written that one down," I told him, a little impatiently.



"That's a good one. Now what else is there?" I had many things to do, and this was a long-distance call, so I was anxious to cram as many units of wisdom into the least amount of time possible. Another long pause. "There is nothing else," he said. "You must ruthlessly eliminate hurry from your life."

Hurry is one of the underlying issues beneath all the other issues in our culture.



Jesus lived an unhurried life.

- 30 years of obscurity before ministry
- Craftsman by trade
- Starts ministry with 40 day fast in wilderness
- Consistently saying things like, "Not yet."
- Mysteriously slowing things down, "Tell no one."



Jesus lived an unhurried life.

- Mother forces his hand at Cana.
- Allows interruptions constantly
- Often found sharing long meals
- Invests for 3+ years in just a few
- Consistent time spent in prayer and seclusion
- At the heart of his teaching is love, peace, joy, and life



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“God only knows what [social media] is doing to our children’s brains. The thought process that went into building these applications, Facebook being the first of them, ... was all about: 'How do we consume as much of your time and conscious attention as possible?'



And that means that we need to sort of give you a little dopamine hit every once in a while, because someone liked or commented on a photo or a post or whatever. And that's going to get you to contribute more content, and that's going to get you... more likes and comments.



It's a social-validation feedback loop... exactly the kind of thing that a hacker like myself would come up with because you're exploiting a vulnerability in human psychology. The inventors, creators — it's me, it's Mark [Zuckerberg],



it's Kevin Systrom on Instagram, it's all of these people — understood this consciously. And we did it anyway."

**-Sean Parker,
first President of Facebook**

Psalm 115:8

And those who make idols are just like them,
as are all who trust in them.

What we give our attention to is what we worship,
and what we worship is who we become.



Three Main Decision-Making Filters

1. Ethics – Is this the right thing to do?
2. Enjoyment – Will this make me feel good?
3. Achievement – Does this move me closer to the goal?



Three Main Decision-Making Filters

1. Ethics – Is this the right thing to do?
2. Enjoyment – Will this make me feel good?
3. Achievement – Does this move me closer to the goal?
- 4. Formation – Who is this forming me into?**



I'm not going to be owned by hurry.
**I'm going to walk with Jesus at the
pace of love.**

I'm not going to be formed by
popular culture.
**I'm going to let the rule of Jesus
rule me.**

I'm not going to follow alone.
**I'm going to live in community
with other Jesus followers.**

“The Christian ideal has not been tried and found wanting; it has been found difficult and left untried.” – G.K. Chesterton



“Do not be daunted immediately by fear and run away from the road that leads to salvation. It is bound to be narrow at the outset. But as we progress in this way of life and in faith, we shall run on the path of God’s commandments, our hearts overflowing with the inexpressible delight of love.



Never swerving from His instructions, then, but faithfully observing His teaching in the monastery until death, we shall through patience share in the sufferings of Christ that we may deserve also to share in His kingdom. Amen.”

-The Rule of St. Benedict