

A person wearing a grey denim shirt is sitting and reading a book. The person's hands are visible holding the book. In the background, there is a potted plant with green leaves and a brown, textured pot. The scene is softly lit, suggesting an indoor setting near a window.

# Unhurried Rhythms

Everyday Practices for Everyday People



“Out of [Gulliver’s] pocket hung a great silver chain, with a wonderful kind of engine at the bottom. We directed him to draw out whatever was at the end of that chain; which appeared to be a Globe, half silver, and half of some transparent metal.... He put this engine to our ears, which made an incessant noise like that of a water-mill.



And we conjecture it is either some unknown animal, or the God that he worships: But we are more inclined to the latter opinion, because he assured us (if we understood him right, for he expressed himself very imperfectly) that he seldom did anything without consulting it.



He called it his oracle, and said it pointed out the time for every action of his life.”

**-The Lilliputians,  
Gulliver's Travels**



## **iPhone**

1. Settings
2. Screen Time
3. See All Activity

## **Android**

1. Settings menu
2. Search for "Digital Wellbeing and Parental Controls"
3. Tap on specific apps for breakdown



“The liberation of human attention may be the defining moral and political struggle of our time.”

**-Stand Out of Our Light,  
James Williams, Philosopher  
and Technology Ethicist**



“At home, our television is not easily accessible, so that there is activation energy before you can easily go watch TV. I’m genuinely conflicted...”

**-Sundar Pichar, Google CEO**



“At the Waldorf School... nearly 75% of the kids have parents who work in tech. The school favors physical activity and art over technology. Computers are not introduced until eighth grade. Teachers use a hand clapping game to practice multiplication tables.”

**-CBS News**



“[Imagine] inside a concrete block at the top of a hill in San Francisco, 27 nine-year-olds are handed needles and ordered to sew. Across the hall, eight-year-olds churn butter by hand, while downstairs four-year-olds are busy sweeping up, washing dishes and dehydrating fruit. This is not a child-labor camp in the heart of America’s richest city.



It is a school, and among the tech crowd it has become much sought after. The San Francisco Waldorf School, you see, has a strict “no screens” policy. In fact, it is deliberately “analogue”, a throwback to a time when it was all blackboards, pencils, and paper — but with a new-age twist...



The tech elite in America are paying up to \$40,000 a year to send their children to schools that enforce a back-to-basics approach.” **-The UK Times**

“Continuous partial attention is our new default setting.” -**Linda Stone**



When "continuous partial attention" is our default, it debilitates our capacity to hear, see, adore, petition, experience, and commune with God, what Christians call prayer.



## **Two Keys to the Rhythm of Prayer**

1. Diversify your prayer methods.
2. Habituate your prayer times.



- The A.C.T.S. Method
- Prayer Journaling
- Prayer Books
- Praying Scripture
- Worship Songs
- Lectio Divina
- Silence & Stillness
- Confession
- Examen
- All of the above with others



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## Daniel 9:21

As I was praying, Gabriel, whom I had seen in the earlier vision, came swiftly to me **at the time of the evening sacrifice.**



Don't worry about anything;  
instead, pray about everything.  
Tell God what you need, and thank  
Him for all He has done. Then you  
will experience God's peace,  
which exceeds anything we can  
understand. His peace will guard  
your hearts and minds as you live  
in Christ Jesus.

**Philippians 4:6-7**