

A person is sitting and reading a book. They are wearing a grey button-down shirt and dark pants. The background is softly blurred, showing a plant in a woven basket and a window with light coming through. The overall mood is calm and focused.

# Unhurried Rhythms

Everyday Practices for Everyday People

## **John Maynard Keynes**

“For the first time since his creation man will be faced with this real, this permanent problem, how to occupy leisure, which science and compound interest will have won for him, to live wisely and agreeably and well.”

## Marissa Mayner

"When reporters write about Google, they write about it as if it was inevitable. The actual experience was more like, 'Could you work 130 hours in a week?..'

## **Marissa Mayner**

The answer is yes, if you're strategic about when you sleep, when you shower, and how often you go to the bathroom."

## Hustle Culture

The Cult of Productivity, Start-Up Culture, The Cathedral of Perpetual Hustle, “Rise and Grind”, “T.G.I.M”.

**Mark Cuban**

**“Work like there is someone working 24 hours a day to take it away from you.”**

## **Anne Peterson**

**“It’s not as if I were slacking in the rest of my life. I was publishing stories, writing two books, making meals, executing a move across the country, planning trips, paying my student loans, exercising on a regular basis.**

## Anne Peterson

But when it came to the mundane, the medium priority, [this is key] the stuff that wouldn't make **my job easier** or **my work better**, I avoided it.”



**Identity. Self-Worth. Meaning.  
Work is the new religion.**

**Spotify**

**“to unlock the potential of human creativity”**

## Dropbox

“to unleash the world’s creative energy by designing a more enlightened way of working”

## McDonald's

**“To make delicious feel-good moments easy for everyone. This is how we uniquely feed and foster communities.”**

## Anheuser-Busch

"To lift up our neighbors. To create a future that everyone can celebrate and everyone can share in."

## **Anne Peterson**

**"Burnout occurs when all that devotion becomes untenable — but also when faith in “doing what you love” as the path to fulfillment, financial and otherwise, begins to falter.”**

“It’s our base temperature. It’s our background music. It’s the way things are. It’s our lives... In the movie version of this story, [the burnt-out person] moves to an island to rediscover the good life, or figures out he loves woodworking and opens a shop. But that’s the sort of fantasy solution that makes millennial burnout so pervasive. You don’t fix burnout by going on vacation. You don’t fix it through “life hacks,” like inbox zero, or by using a meditation app for five minutes in the morning, or doing Sunday meal prep for the entire family, or starting a bullet journal...

You don't fix it with vacation, or an adult coloring book, or "anxiety baking," or the Pomodoro Technique, or overnight oats. The problem with holistic, all-consuming burnout is that there's no solution to it. You can't optimize it to make it end faster. You can't see it coming like a cold and start taking the burnout-prevention version of Airborne."

**-Anne Peterson**



**Jesus was on mission but unhurried.**

# **Disciplines of Disengagement**

Silence, Solitude, Sabbath Rest.

**1. To keep a regular rhythm of time with God.**

Luke 5:16 But Jesus **often** withdrew to the wilderness for prayer.

1. To keep a regular rhythm of time with God.

Luke 11:1 Once Jesus was in a **certain place** praying...

## 1. To keep a regular rhythm of time with God.

Mark 1:35 – Before daybreak **the next morning**, Jesus got up and went out to an isolated place to pray.

## - Life Under God - Obedience

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- Life Under God - Obedience
- Life From God - Blessing
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- Life Under God - Obedience
- Life From God - Blessing
- Life For God - Activism
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- Life Under God - Obedience
- Life From God - Blessing
- Life For God - Activism
- Life With God - Relationship

## **2. To rest and recover.** Mark 6:31-32

Then Jesus said, “Let’s go off by ourselves to a quiet place and **rest** awhile.” He said this because there were so many people coming and going that Jesus and His apostles didn’t even have time to eat. So they left by boat for a quiet place, where they could be alone.

“Dangerous tired is a chronic inner fatigue accumulating over months and months, and it does not always manifest itself in physical exhaustion. In fact, it can be masked by excessive activity and compulsive overworking... For some reason we can't quite name, we're not able to linger and relax over a cup of coffee. We can't keep from checking voicemail or e-mail "just one more time" before we leave the office or before we go to bed at night.

Or we can't stop cleaning or doing repairs and projects in order to take a walk in the evening or be quietly available to those we love. Rather than reading anything for the sheer pleasure of it, we pile the nightstand with books and professional journals that cram our heads full of information to keep us at "the top of our game."

The idea of taking a full day off once a week seems impossible both in theory and in practice. We rarely, if ever, take a real break or vacation, choosing instead to work through holidays and break times.

Not surprisingly, even when it is time for well-deserved sleep or rest, we may be unable to relax and receive this necessary gift... When we do have discretionary time, we indulge in escapist behaviors—such as compulsive eating, drinking, spending, watching television—because we are too tired to choose activities that are truly life-giving.”

**-Ruth Haley Barton, Invitation to Silence and Solitude**

### **3. To contemplate important decisions.**

Luke 6:12-13 - One day soon afterward Jesus went up on a mountain to pray, and He prayed to God all night. At daybreak He called together all of His disciples and chose twelve of them to be apostles.

## **4. To deal with overwhelming emotions.**

Matthew 14:10-13 - John was beheaded in the prison... His disciples came for his body and buried it. Then they went and told Jesus what had happened. As soon as Jesus heard the news, He left in a boat to a remote area to be alone.

## **4. To deal with overwhelming emotions.**

Matthew 26:36-37 – Then Jesus went with them to the olive grove called Gethsemane, and He said, “Sit here while I go over there to pray.” He took Peter and Zebedee’s two sons, James and John, and He became anguished and distressed.



## **1 Kings 19:11-12**

The LORD said, “Go out and stand on the mountain before the Lord, for the Lord is about to pass by.” Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the Lord, but the Lord was not in the wind;

## 1 Kings 19:11-12

and after the wind an earthquake, but the Lord was not in the earthquake; and after the earthquake a fire, but the Lord was not in the fire; and after the fire **a sound of sheer silence.**

## **5. To face down temptation.**

**Matthew 4:1 – Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil.**

## 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.



1. When each day will you be still, silent, and alone with God?

2. When each week will you take a 24 hour period of Sabbath rest?

## Ruth Haley Barton

“When a jar of river water sits still, the law of gravity causes the sediment to eventually settle to the bottom so that the water becomes clear.

## Ruth Haley Barton

We don't have to do anything to cause that settling except leave the jar alone for a while. The same is true of the spiritual law of gravity.

## Ruth Haley Barton

When we sit quietly in God's presence, the sediment that is swirling in our souls begins to settle. We don't have to do anything but show up and trust..."