

Slow Down
July 18, 2010
Dr. Jeff H. McCrory Jr.
Luke 10:38-42

Synopsis:

One cannot grow into a disciple of Jesus quickly. But we want everything done quickly, done with worry speed.

Disciples grow slowly by paying attention to the resurrected Jesus and by not paying attention to worry and distraction. This lesson we learn as we read the story of two sisters.

I.

Hurry Sickness

Luke 10:41 Martha, Martha, you are worried and distracted

With this phrase we are introduced to the #1 spiritual illness.

How fast do you want your life to go? Examples

- flew to Colorado and back Friday/Saturday for Fuller (2 hrs)
- texted, emailed, cell phoned from Italy (milliseconds)
- multitasked all week long

Bumper Sticker:

Honk if you love Jesus

Text if you want to meet him!

-Now even *One Minute Bedtime Stories!*

Examples:

Runaway Bunny Margaret Wise Brown

Bunny: "I will run away!"

Mommy: "Sit your tush down!"

THE END

Charlotte's Web E.B. White

Wilbur the Pig: "I don't want to die"

Charlotte the Spider: "Fear not, I have a plan."

Everyone: "The pig is amazing!!"

Reader: "The spider is amazing!"

THE END

-Fast food

-Fast trains

Reading Carl Honore's book *In Praise of Slowness*

*Has all this speed improved life?

Hurry Sickness = moving through life never paying attention to anything, always on the way to somewhere, therefore nowhere.

II.

Two Sisters

Luke 10:39 Martha had a sister named Mary

Mary and Martha story is about worry/distraction leading to *nowhere* and paying attention leading to *somewhere*

Contrast between two sisters: What does Jesus contrast?

-not service and listening (both are good)

-worry/distraction versus discipleship

READ the story

Martha = worry/distraction

Mary = discipleship (sitting at feet)

*Jesus commends Mary over Martha:

discipleship over worry/distraction

But what is discipleship? Slowing down to pay attention to Jesus

III.

Slow Down and Pay Attention to Jesus

Luke 10:42 Mary has chosen the better part

1. Last week I said a disciple is one who abides in Jesus.
2. One who lives the new life of Jesus
3. Therefore, don't try harder

How does this work, Jeff? A few asked me last week.

Here's how:

1. In baptism we have been given the *resurrected life* of Jesus.
2. This life is ours both *now* and *later*
3. We can *grow* into this new life *now* before we assume it *later*

HOW? By the power of the Holy Spirit, we *train* now
Soul Training Exercises in GBG

List them here and comment: Train to live our new life (character)

1. Sleep
2. Silence and Awareness of Creation
3. Counting your Blessings
4. Praying Psalm 23
5. *Lectio Divina*
6. Margin
7. Reading the Gospel of John
8. Solitude
9. Slowing Down