

Soul Killers

How To Ruthlessly Eliminate Hurry

1. Remember your soul lives by _____

Luke 10:40 *But Martha was distracted*

- You are _____

Psalms 46:10 *Be still, and know that I am God.*

- You are _____

Philippians 2:4 *...not looking to your own interests but each of you to the interests of the others.*

- You are _____

Psalms 139:23 *Search me, God, and know my heart; test me and know my anxious thoughts.*

2. _____

- a) Identify and challenge _____

Key: What if slowing down is a _____?

- God is still working when I'm not
- God's world doesn't fall apart without me
- My worth is not tied to my output

Psalms 23:3 *He leads me beside still waters. He restores my soul.*

- b) _____

- _____

Exodus 20:8-11 *Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God. On it you shall not do any work...*

- _____

Psalms 127:2 *In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves.*

John 11:5-6 *Now Jesus loved Martha and her sister and Lazarus. So when he heard that Lazarus was sick, he stayed where he was two more days.*

Why are we in such a big hurry?

- We fear we'll miss out
- We fear we'll fall behind in comparison
- We fear we'll be seen as unimportant or lazy
- We fear that if we stop, everything might fall apart
- We believe our worth is tied to our productivity
- We don't trust that God will provide if we slow down
- We've never seen it modeled well

Hurry Sickness Self-Check

Mental & Emotional Signs

- ☐ I feel anxious or tense when I'm not being productive.
- ☐ I have a hard time sitting still or doing nothing.
- ☐ I feel irritated by slow people or delays (lines, traffic, long conversations).
- ☐ I often multitask—even during rest or relationships.
- ☐ I feel guilty when I rest, like I'm wasting time.

Time & Schedule Clues

- ☐ I consistently overcommit and underestimate how long things will take.
- ☐ I find myself rushing—even when there's no real reason to rush.
- ☐ I regularly cut spiritual practices short to get more done.
- ☐ I check my phone within seconds of waking up or in every empty moment.
- ☐ I feel like I don't have enough time for the people I care about.

Relational & Spiritual Indicators

- ☐ I'm often distracted or impatient in conversations.
- ☐ I feel distant from God, even when I'm doing "spiritual things."
- ☐ I avoid silence or solitude because it feels uncomfortable or unproductive.
- ☐ I feel like I'm managing life more than actually living it.
- ☐ I rarely feel joy, wonder, or peace in ordinary moments.

God, my Father and King,

I bring my whole self before You now — open, yielded, and willing.

HEART / WILL

I surrender my will to Yours. May Your desires become my desires.

I let go of the illusion of control, and I say yes to Your rule in my life.

Not my will, but Yours be done — in this moment, and the next, and the next. Teach me to desire what You desire, and to will what You will.

MIND (Thoughts + Feelings)

Renew my mind, Lord. Let every thought be brought captive to Christ.

Shape my imagination by Your Word, and teach me to think what is true, noble, right, pure, and lovely. I yield my emotions to You — my joy, my sorrow, my anger, my fear. May my feelings not rule me, but be ruled by Your peace.

BODY

This body is Yours — My eyes, hands, voice, energy, and strength.

Let me speak only what You would speak, go only where You would lead, and do only what love requires. Let my habits become holy, my time consecrated, my actions aligned with Your purposes.

SOCIAL CONTEXT

In every relationship, Lord — make me an instrument of Your love.

Free me from the need to impress, control, or win. May I forgive quickly, listen deeply, and serve joyfully. Let my presence be a blessing in my home, my work, my friendships, and even among strangers. Help me see each person as You do — full of value, beauty, and eternal significance.

SOUL (Whole Life Integration)

Unify my scattered self in You. Let my life become a whole, surrendered vessel — no compartments, no hiding, no holding back. Let Your Spirit dwell in every corner of my being, and may my soul find its rest in You alone.

I want to live in moment-by-moment surrender to You — to be fully Yours in thought, word, body, and spirit. Take all that I am and form Christ within me. Let me live this day with You, in You, and for You. Amen