

Mark
6:30-31

"Do You Have Hurry Sickness?"

9-27-15

Guest: Rev Al Frank

Symptoms

- Drive ^{over} Speedlimit
- Finish others Sentences
- Rush to be 1st in line
- Leave if wait is over 5 minutes
- Frustrated when other line moves faster
- Rush even when there's no reason

Definition:
Trying to get more and more done in less and less time

Risk: Skimming through life

Ephesians
5:15-17

On the 7th Day God Rested

Matthew
6:28-33

SEEK 1st the Kingdom of GOD

↑ **Hurry** =

- ↓ **Joy**
- ↓ **Time** with God
- ↓ Expression of Love?
- ↓ Energy

Cure:

- Slow down
- Solitude
- Sabbath

Proverbs
30:8

Matthew
14:13

Matthew
14:23

Mark
6:3



Time - How do you use it?

Psalm 46:10

Be still and know I am God