

A wicker chair with a white blanket and pillow is positioned in a bright room with sheer curtains. The chair is made of dark brown wicker with a black metal frame. A white knitted blanket is draped over the back and seat, and a white pillow is resting on the seat. The room has light-colored wood flooring and a beige rug in the foreground. The background is filled with soft, natural light filtering through white sheer curtains.

unhurried living

— 31 DAYS OF —

Encouragement, reflection
and tips for unhurried living



DO YOU HAVE HURRY SICKNESS?

Do you have hurry
sickness?

01

Do you ever feel like you are always in the slowest line?
Do you have hurry sickness?

WATCH THIS:

Mice in Queue video (1:37)

<http://bit.ly/2qwYKWK>



un•hur•ried

adj. moving or acting without haste

synonyms: relaxed, calm, easy,
rhythms, leisurely, measured,
deliberate, margin, peaceful

What is...
unhurried living?

THINK ABOUT IT:

Consider the definition.

Then ask: How would you define “unhurried” for your life?
What demonstrates unhurried living in your life?

Savor the moments. Focus your mind. Refresh your soul.



WHAT'S YOUR HURRY?

#UNHURRIEDLIVING

What's your hurry?

Are you always in a hurry?
Would you like to learn to live an unhurried life?

WATCH THIS:

Mr. Bean video (ONLY 3:35 - 6:35)

<http://bit.ly/1AX4agn>

03



Savor. Focus. Rest.

“ THE HURRIED CAN
BECOME UNHURRIED.
BUT IT WILL NOT HAPPEN
BY TRYING ALONE,
NOR WILL IT HAPPEN
INSTANTLY. YOU WILL
HAVE TO ENTER
A LIFE OF TRAINING. ”

- *John Ortberg*

“We all know we need rest from work, but we don't realize we have to work hard just to rest.”

- Kevin DeYoung

Scattered, frantic, boundary-less busyness comes naturally. The rhythms of work and rest require planning.

Learn to SAVOR the moments, FOCUS your mind, and REST your body as you practice unhurried living.

Getting Started

Hurry has become a way of life. It is intoxicating, addicting... and destroying our lives. Some of us wear the busy label like a badge of honor and proof of our worth. Others of us are desperately seeking unhurried living but do not know how to find it.

The truth is, hurried and unhurried are not simply adjectives for schedule or pace; they also describe our heart. An anxious, driven, frenetic heart negatively affects our health, our relationships, and our work productivity. A calm, restful heart brings peace, energy, strength and gratitude to all we do.

For each of us, rest looks different. For the one who is exhausted, rest is sleep, but for the one who has been sick in bed, rest is to get up and go. For the one who is lonely, rest is a conversation; for the one who is hungry, rest is food. Unhurried living is not to finally attain the elusive perfectly balanced life, but rather a daily rhythm of dependence on the One who offers true repose for our soul.

May each of these 31 posts of encouragement, reflection, and practical tips help you to more deeply experience unhurried living.

Day One

Hurry is characterized by continual rushing and hustle — an overwhelming and continual sense of urgency and anxiousness.

THINK ABOUT IT:

Do you...?

- work extra hours or finish work at home
- hear from people: “I don’t want to bother you because I know how busy you are”
- get flustered with delays and interruptions
- skip vacations
- often exceed the speed limit or weave to find the fastest lane

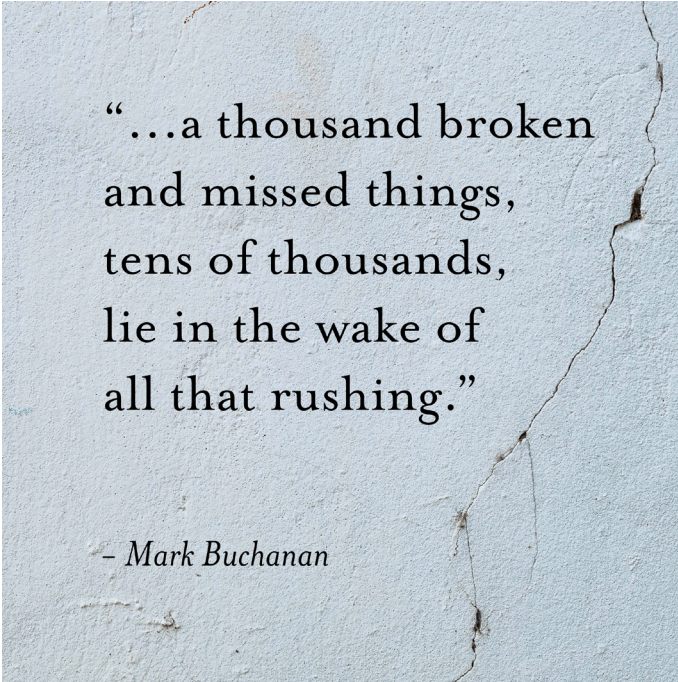
WATCH THIS:

What is hurry sickness? (2:28)

<http://bit.ly/2s9g75o>



#UNHURRIEDLIVING



“...a thousand broken
and missed things,
tens of thousands,
lie in the wake of
all that rushing.”

- *Mark Buchanan*

Day Two

“My biggest regret in life... being in a hurry... getting to the next thing without fully entering the thing in front of me. I cannot think of a single advantage I’ve ever gained from being in a hurry. But a thousand broken and missed things, tens of thousands, lie in the wake of all that rushing.”

- Mark Buchanan

THINK ABOUT IT:

What choices are you making today to avoid regrets as you look back at your life?



Day Three

08

“People like to say life is a marathon, not a sprint, but it’s actually more like a track workout. We run hard and then rest hard. We charge a hill and then chug some Gatorade. We do some stairs, then some 200s, and then a few 400s. In between, we rest.”

- Kevin DeYoung

Elite athletes practice “periodization” — giving as much priority to rest and recovery as they do to practice and competition.

TRY THIS:

Think about your next week as a workout. How can you adjust your schedule to ensure you “charge some hills”, get refreshment, and also rest?



*“When you feel the
need to speed up,
slow down.”*

- Kimi Werner

Day Four

WATCH THIS:

Kimi Werner — champion freediver and spearfisher
(0:00-4:20 The video continues. Watch when you have time!)

<http://bit.ly/2pz6XdM>

THINK ABOUT IT:

What do you miss when you speed up?

What might you experience if you were to slow down?





Day Five

10

"Hurry is not just a disordered schedule. Hurry is a disordered heart." - John Ortberg

THINK ABOUT IT:

Which of these may cause you to hurry?

- HABIT | Rushing is your MO.
- WORTH | When you are in a constant state of urgency, you feel valuable.
- GUILT | You feel bad when you slow down or if you are not doing something.
- FEAR | You are afraid of being still and facing your disappointments.
- PRESSURE | You feel the need to perform to be loved and prove yourself.
- COMPETITION | You sense if you slow down, others will move ahead of you.
- CONTROL | You think that you have to do everything or life will fall apart.
- FOMO | You fear you will miss opportunities by slowing down.
- You're truly BUSY and need some help.



Day Six

11

People in a hurry don't allow time for their complex bodies and minds to recharge.

THINK ABOUT IT:

Our modern frenetic pace is too fast for average human bodies, and stress disease is the result of the wear and tear on our bodies.

When we live at warp speed, anxiety increases. We lose perspective on our problems because we don't have time to think constructively. This makes us even more stressed and less able to cope with the strains of life... thus increasing stress even more.

Where can you schedule some unhurried think time this week?

“ BEING HURRIED IS AN INNER CONDITION, A CONDITION OF THE SOUL. IT MEANS TO BE SO PREOCCUPIED WITH MYSELF AND MY LIFE THAT I AM UNABLE TO BE FULLY PRESENT WITH GOD, WITH MYSELF AND WITH OTHER PEOPLE...

I CANNOT REST
IN GOD WITH A
HURRIED SOUL.”

- *Dallas Willard*

Day Seven

How can you unhurry your soul?

TRY ONE OF THESE:

- Write out your favorite Bible verse(s) on rest and place it where it will remind you to unhurry your heart.
- Create a special place in your home where you can pray and reflect.
- Commit to a weekly day of rest.
- Practice an extended time of renewal each month.
- Take a sabbatical.



Day Eight

13

“You don’t have to have your coffee and read the paper and talk to someone and text. Just drink your coffee.”
- Victoria Sweet, MD

Slow down. Take care of you. Take time to replenish.

TRY ONE OF THESE:

- listen to music or play your instrument
- go on a walk
- work in a garden
- write a card or letter by hand or journal
- be creative — paint, draw, craft, build something
- go to a spa, get a massage, exercise



Day Nine

14

THINK ABOUT IT:

Is a book better if you speed read it,
or if you take your time and get lost in it?

Is a song better if you skim through it,
or if you take the time to really listen?

Is the view better from the window of a speeding car,
or if you take time to pull over to the scenic overlook?

What could you take time to savor today?

Day Ten

Unhurried conversations are deep, uninterrupted, thought-provoking, quality interactions. They proceed at a pace that allows more time for reflection.

“Unhurried Conversations” create a very different experience for the participants, with a simple format to prevent interruptions. This video gives a glimpse into the experience.

WATCH THIS:

Unhurried Conversations, Cambridge (2:55)

<http://bit.ly/2qxpvdG>



“THE TIME AND SPACE TO ALLOW THE THOUGHTS TO COME
OUT OF YOUR HEAD IS... JUST INCREDIBLY VALUABLE.”



WE HAVE BECOME SO
ACCUSTOMED TO OPERATING
AT HIGH SPEEDS THAT WE
ARE NOW DOWNRIGHT
UNCOMFORTABLE WITH QUIET
TIME, CONTEMPLATIVE SILENCE
OR SLOWNESS IN ANY FORM.

- Janet Luhrs

Day Eleven

THINK ABOUT IT:

Some say that when we live a life of hurry, we are avoiding looking too closely at our deeper feelings, our loneliness, our disappointments, our “stuff”.

Are you hiding from something with your hurry?

“As much as we complain about it, though, there’s part of us that is drawn to a hurried life... It means I don’t have to look too closely at my heart or life.”

- John Ortberg



#UNHURRIEDLIVING

Day Twelve

17


Relationships thrive with unhurried time.

Unhurried relationships value connection over accomplishment.

- An unhurried parent explains to their child where they are going.
- The unhurried friend focuses on you without phone, email or text distractions.
- Unhurried shoppers chat with the sales clerk.
- The unhurried are patient with others' interruptions, changes, and delays.
- The unhurried show love to others with words, gifts, or kindness.

TRY THIS:

Think of someone who exemplifies unhurried living. Ask them how they do it.



PEOPLE WILL
FORGET WHAT
YOU SAID.
PEOPLE WILL
FORGET WHAT
YOU DID.
BUT PEOPLE
WILL NEVER
FORGET HOW YOU
MADE THEM FEEL.

- *Maya Angelou*

Day Thirteen

THINK ABOUT IT:

How do you feel when a person with you seems in a hurry to get to something else?

How can you intentionally slow down to make the person with you feel valuable and important?

Day Fourteen

fast living = fast food and fast eating

Fast food and fast eating are related to:

- indigestion
- poor nutrition
- weight gain
- disease
- less relationship time over meals

TRY ONE OF THESE:

Cook a healthy meal at home.

Set aside all electronics and enjoy a meal with quiet or undistracted conversation with others.

Chose a peaceful place and have a picnic.

Take time to express gratitude to God for your meal before eating.

Eat slowly and savor each bite.



IN MY RAMPANT
YES-YES-YES-ING,
I SAID NO,
WITHOUT INTENDING TO,
TO REST, TO PEACE,
TO GROUNDEDNESS,
TO LISTENING,

*to deep and slow
connection...*

- Shauna Niequist

Day Fifteen

20

“Draw close to people who honor your no, who cheer you on for telling the truth, who value your growth more than they value their own needs getting met...”

THINK ABOUT IT:

...You can't have yes without no. Another way to say it: if you're not careful with your yeses, you start to say no to some very important things without even realizing it.”

- Shauna Niequist

What have you said no to because of your yeses?

Where could you say no to a yes?



Day Sixteen

21

The land won't produce a harvest if it never lies fallow.

Rhythms of work and rest, productivity and refreshment, ebb and flow, produce the best results.

TRY THIS:

Know when you work best. Work according to your peak times of energy, creativity, and mental focus — and rest or relax during the times when those lag.

Working with those patterns allows you to accomplish more in less time with less effort.

*hurry, hurry
has no blessing*

Kenyan Proverb

Day Seventeen

22

In a Princeton University Seminary experiment, what prevented someone from stopping and helping a suffering stranger was how much of a hurry they thought they were in — whether they were running late or if they were absorbed in what they were going to do.

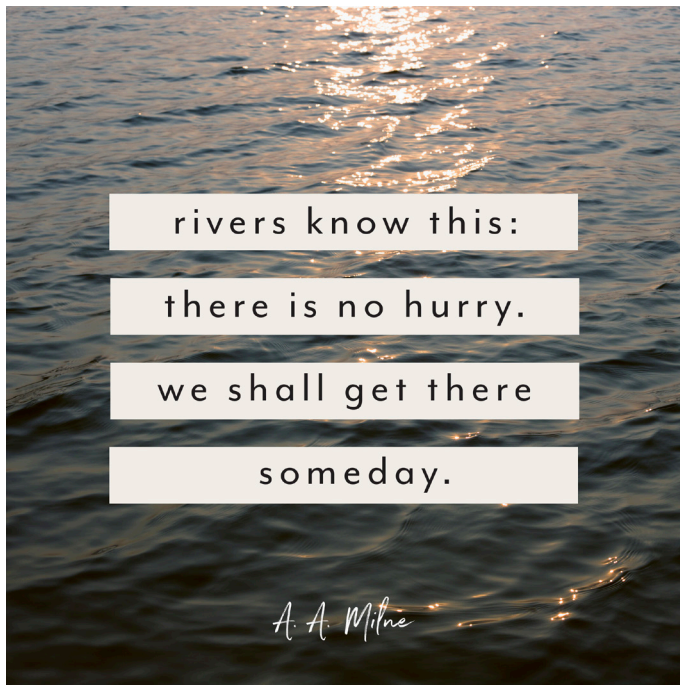
WATCH THIS:

Daniel Goleman Ted Talk (ONLY 0:43-2:10)

<http://bit.ly/1LoKhDN>

Hurry glances. Love slows down to notice, care, and act.





rivers know this:

there is no hurry.

we shall get there

someday.

A. A. Milne

Day Eighteen

23

When we are in a hurry to get to where we are going, we often forget to enjoy the journey along the way. Practice the pause.

When in doubt | pause.

When angry | pause.

When tired | pause.

When stressed | pause.

And when you pause | pray.

- Toby Mac

TRY THIS:

The 2-2-2 Principle:

Daily >> 2 minutes of silence

Monthly >> 2 hours of solitude

Annually >> 2 days of retreat



Day Nineteen

24

We sometimes defend our short nights with tales of those who got up at four or five o'clock in the morning to work or pray, forgetting that in the days before electricity most people went to bed soon after dark. Most of our heroes from the past probably slept much more than we do.

Sleep deprivation is not a badge of honor. Studies show sleep deprivation can cause disease, memory loss, poor judgment, weight gain, depression, and accidents.

A good night's sleep helps you gain will power, store away memories, and brighten your mood.

TRY ONE OF THESE:

- go to bed early
- sleep in late
- take a nap



Day Twenty

25

Unhurried living is not laziness, slothfulness or procrastination. It is an intentionally planned and implemented lifestyle of perspective, purpose and peace — no matter the outward circumstances.

THINK ABOUT IT:

“If Jesus were alive today, he’d get more emails than any of us. He’d have people calling his cell all the time. He’d have a zillion requests for interviews, television appearances, and conference gigs... He was busy, but never in a way that made him frantic.”
- Kevin DeYoung

Jesus was unhurried, but he was not lazy. He was engaged, hardworking, purposeful, and conscientious... he was relaxed.

What can you learn from Jesus about unhurried living?
Where can you apply His relaxed example to your life?



Day Twenty-one

26

THINK ABOUT IT:

The Energy Project researchers found that the more hours people work beyond 40 — and the more continuously they work — the worse they feel, and the less engaged they become.

“The hurrier I go, the behinder I get.”
- Lewis Carroll, *Alice in Wonderland*

On the other hand, employees who take time out during the day report a nearly 50% greater capacity to think creatively. These same workers see a 46% higher level of health and well-being.



Day Twenty-two

27

Doing a few good things well is far better than simply doing anything and everything.

TRY THIS:

Jean Fleming suggests that you draw your life as a tree. Label the trunk with your number one priority. Add major limbs for each of the other main activities in your life. Then draw the little branches for the many general tasks that can crowd in and fill up your day.

Evaluate your “tree” often and “prune” for healthier and more abundant fruit.



Day Twenty-three

28

“Hurry, hurry!”
“Very good,” said the driver. “Where to?”
“It doesn’t matter; they need me everywhere!”

THINK ABOUT IT:

The compelling force behind our continual hurry can be pride or control. Subconsciously we feel like we have to do everything ourselves or life will fall apart.

“The truth is, you’re only indispensable until you say no. You are unique. Your gifts are important. People love you. But you’re not irreplaceable.”

- Kevin DeYoung

Is control an obstacle to your rest?

Day Twenty-four



m a r g i n

There is always a deadline looming, a crisis to deal with, or an annoyance to put to rest. It is important to slow down and take a step back from the stress. Encourage others to do the same. Let them know it is ok to build in margin where needed.

TRY ONE OF THESE:

PRIORITIZE

Decide what you need to accomplish now, what can wait, and what can be dropped entirely.

SCHEDULE A BUFFER

Add 15-30 minutes at each end of an activity instead of planning back-to-back. This allows for mental and physical transitions and for those unexpected extended conversations.

TAKE BREAKS

Work intensely no longer than 90 minutes — then take a break to refuel your energy. Close your eyes and breathe deeply, get up and stretch your legs, talk with a friend, or read.



#USHERRIEDLIVING

Day Twenty-five

30

We hurry because we underestimate the time needed. Most of us don't know how long it actually takes to complete routine tasks.

TRY ONE OF THESE:

Time yourself doing a task to give you a guideline to follow when making future commitments.

Double (or triple!) the amount of time you think something "should" take. This will probably get you closer to the actual requirement.

Avoid scheduling more than one ultra-demanding task on any given day.



Almost everything will work again

if you unplug it for a few minutes,

including you.

Anne Lamott

Day Twenty-six

31

Research has shown that with every new message or alert, our brains get a hit of dopamine — and the novelty is addictive.

Expectations for immediate attention and response to technology and media triggers keep us in a constant state of hurry.

TRY ONE OF THESE:

- charge your phone away from your bed
- avoid email first thing in the morning
- turn off notifications and alerts
- do a full-day digital detox
- schedule a check-in with yourself every two weeks to assess how well you're doing with the tips above

Day Twenty-seven

IF YOU HAVE TEN
BALLS IN THE AIR,
NINE OF THEM ARE
IN FREE FALL.

Jim Behr

Hurry often leads us to multi-task. Although we think we can do a number of things simultaneously, we are actually “switch-tasking.”

This is ok when walking and chewing gum, but not for complex cognitive tasks or dealing with people. If you are writing an email to one person while talking with another, neither one is getting the best of you — and they know it.

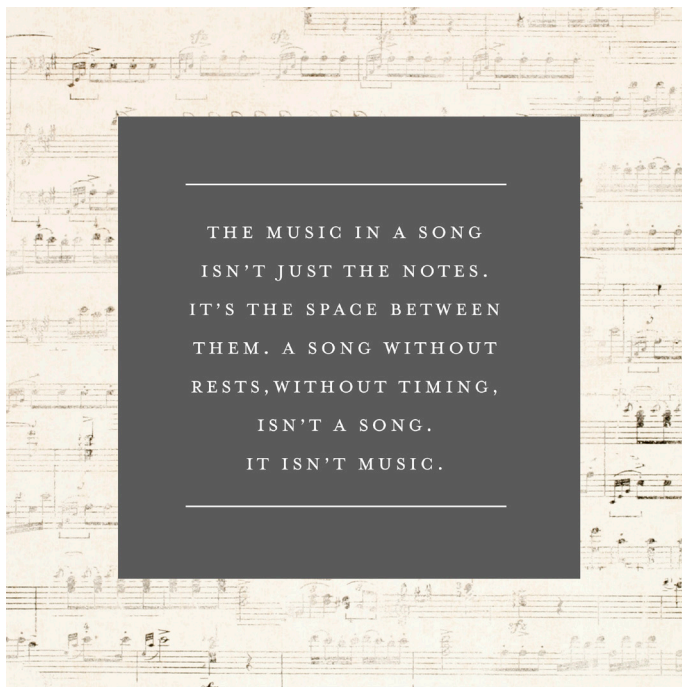
Multitasking...

- reduces information retention
- jeopardizes safety
- significantly decreases productivity

TRY THIS:

Honor the priority of the moment. Schedule specific hours for work, family, and self-care, and don't let them overlap.

Work faster by doing your work in batches — finish all of one task before starting another.



THE MUSIC IN A SONG
ISN'T JUST THE NOTES.
IT'S THE SPACE BETWEEN
THEM. A SONG WITHOUT
RESTS, WITHOUT TIMING,
ISN'T A SONG.
IT ISN'T MUSIC.

Day Twenty-eight

33

THINK ABOUT IT:

“In our whole life-melody the music is broken off here and there by ‘rests’... God sends a time of forced leisure, sickness, disappointed plans, frustrated efforts, and makes a sudden pause in the choral hymn of our lives... Not without design does God write the music of our lives. But be it ours to learn the tune, and not be dismayed at the ‘rests’.”

- John Ruskin



Day Twenty-nine

34

Play is a hint of heaven.

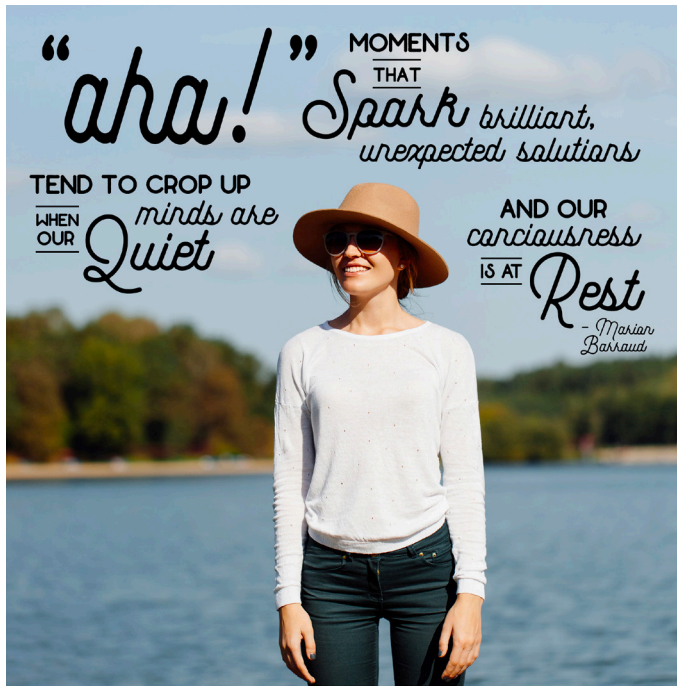
“Unfortunately, much of adulthood is consumed with responsibilities and obligations and lists of work to be done... It’s hard to justify playtime when there is just so much to do. Maybe when Jesus told us to be like children, he meant we ought to play and laugh and enjoy life more.”

- Mark Buchanan

THINK ABOUT IT:

When do you play or do something just for the pure joy of it?

When could you spend a day — or just an hour — in laughter, fun, and creating memories?



Day Thirty

35

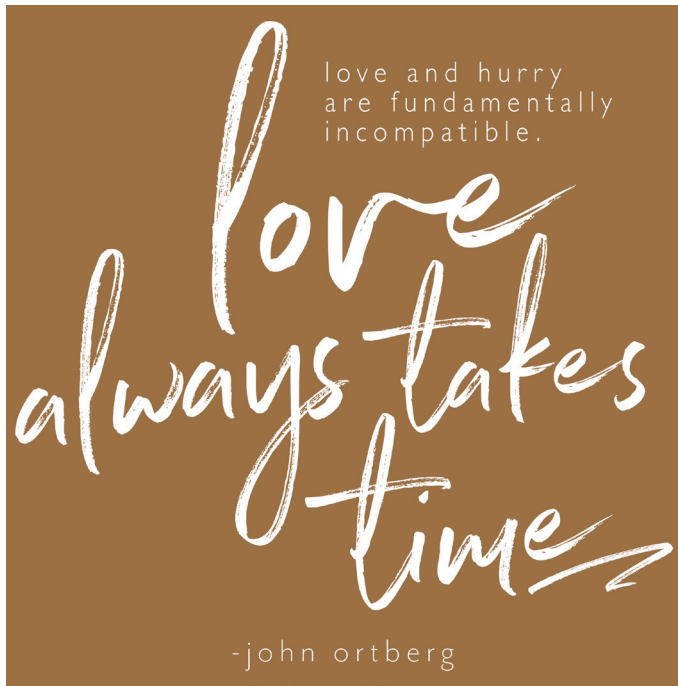
“People commonly report that they make the best decisions not while actively trying to make a choice but instead while taking a shower, walking or working out. This is because ‘aha!’ moments that spark brilliant, unexpected solutions tend to crop up when our minds are quiet and our consciousness is at rest.”

- Marion Barraud

THINK ABOUT IT:

Where do you have your best “aha!” moments?

How can you occasionally find rest from the daily deluge to allow your mind to calmly discern which information is most important and how to respond?



Day Thirty-one

Love is patient. Love is grace-paced.
The ultimate goal of an unhurried life is love.

References + Additional Resources

BOOKS

24/6 by Matthew Sleeth, MD

An Unhurried Life: Following Jesus' Rhythms of Work and Rest by Alan Fadling

Breaking Busy: How to Find Peace and Purpose in a World of Crazy by Alli Worthington

Crazy Busy: A (Mercifully) Short Book about a (Really) Big Problem by Kevin DeYoung

Finding Focus in a Whirlwind World by Jean Fleming

Present Over Perfect by Shauna Niequist

The Life You've Always Wanted by John Ortberg

The Rest of God: Restoring Your Soul by Restoring Sabbath by Mark Buchanan

WEBSITES

<http://mysoulrefresh.com>

<http://unhurriedliving.com>

<https://theenergyproject.com>

VIDEOS

Hurry Sickness <http://bit.ly/2s9g75o>

Mice in Queue <http://bit.ly/2qwYKWK>

Mr. Bean video (ONLY 3:35 - 6:35) <http://bit.ly/1AX4agn>

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Daniel Goleman Ted Talk (ONLY 0:43-2:10) <http://bit.ly/1LoKhDN>

Daniel Goleman Ted Talk (Transcript)

https://www.ted.com/talks/daniel_goleman_on_compassion/transcript?language=en

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Why We Rush Through Life

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Have you got ‘hurry sickness’?

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4 Ways to Break Free From Being “Too Busy”

<https://www.themuse.com/advice/4-ways-to-break-free-from-being-too-busy>

unhurried living

— 31 DAYS OF —

A Cru VP LDHR Team Project

PROJECT LEADER | TERRY MORGAN

DESIGN | SARAH JOELLE PHOTOGRAPHY

We are grateful for the collaboration of authors, artists,
and unhurried living practitioners around the world.

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