

ruthless elimination of hurry

ruthless elimination of hurry is a concept that has gained significant attention in recent years, as more people strive to find peace, productivity, and balance in their fast-paced lives. The idea centers on intentionally slowing down, prioritizing meaningful activities, and removing unnecessary busyness from daily routines. In this article, you'll discover what the ruthless elimination of hurry means, its origins, and the science behind its effectiveness. We'll examine practical strategies for implementing this mindset, highlight its impact on mental health and productivity, and provide actionable steps for building a life focused on presence and purpose. By exploring these topics, you'll gain a comprehensive understanding of how to embrace a slower pace, avoid burnout, and achieve greater fulfillment both personally and professionally.

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Understanding the Ruthless Elimination of Hurry

The ruthless elimination of hurry is more than just a catchy phrase; it represents a conscious choice to live differently. In an era dominated by instant gratification and relentless schedules, many find themselves overwhelmed by constant demands. This approach advocates for cutting out unnecessary speed and urgency, allowing individuals to focus on what truly matters. It's about being present, intentional, and mindful in every aspect of life. By prioritizing quality over quantity and depth over distraction, the ruthless elimination of hurry empowers people to reclaim control over their time and energy.

The Origins and Philosophy Behind the Concept

The phrase "ruthless elimination of hurry" was popularized by John Mark Comer, drawing inspiration from spiritual and philosophical traditions that emphasize mindfulness and intentional living. Comer's work highlights the detrimental effects of chronic busyness and the importance of creating space for reflection, connection, and rest. The philosophy is rooted in the belief that hurry is incompatible with a meaningful, purpose-driven life. Many ancient and modern thinkers agree that slowing down is essential for cultivating wisdom, creativity, and emotional well-being. This concept has resonated across cultures, offering a blueprint for those seeking to lead more balanced and fulfilling lives.

The Impact of Hurry on Mental Health and Productivity

Living in a constant state of hurry can have serious consequences for both mental health and productivity. Research shows that chronic busyness leads to increased stress, anxiety, and burnout. When people rush through tasks, they are more prone to mistakes, lack creativity, and struggle to maintain focus. The pressure to do more in less time often results in diminished satisfaction and a sense of emptiness. On the other hand, the ruthless elimination of hurry allows individuals to experience greater clarity, improved decision-making, and enhanced overall well-being.

Negative Effects of a Hurried Lifestyle

- Higher risk of anxiety and depression
- Decreased attention span and focus
- Lowered productivity and efficiency
- Impaired relationships due to lack of presence
- Increased likelihood of burnout and exhaustion

Practical Strategies for the Ruthless Elimination of Hurry

Adopting the ruthless elimination of hurry requires deliberate changes to daily habits and routines. It is essential to identify time-wasting activities and replace them with intentional practices that foster calm and clarity. These strategies can help individuals cultivate a slower, more purposeful approach to life.

Prioritizing What Matters Most

Begin by clarifying your core values and goals. When you know what truly matters, it becomes easier to say no to distractions and obligations that do not align with your priorities. Focus on high-impact activities and eliminate unnecessary commitments.

Establishing Healthy Boundaries

Protect your time and energy by setting clear boundaries around work, technology, and social engagements. Schedule regular breaks and set aside time for rest and reflection. Communicate your boundaries clearly to others to avoid overcommitment.

Practicing Mindfulness and Presence

Incorporate mindfulness techniques such as deep breathing, meditation, or mindful walking into your daily routine. These practices help anchor you in the present moment and reduce the urge to rush.

Simplifying Daily Routines

Streamline your daily schedule by organizing tasks, delegating responsibilities, and minimizing time spent on non-essential activities. Use tools like to-do lists or time-blocking to create structure without unnecessary pressure.

Benefits of Slowing Down in a Fast-Paced World

Choosing the ruthless elimination of hurry brings a wide range of benefits that enhance both personal and professional life. When individuals slow down, they often find greater satisfaction, deeper relationships, and improved health. This intentional approach leads to lasting positive changes.

Physical and Mental Health Improvements

- Reduced stress levels
- Better sleep quality
- Improved concentration and memory
- Lower risk of chronic health conditions

Enhanced Relationships

Being fully present allows for more meaningful connections with family, friends, and colleagues. Listening attentively and engaging without distraction fosters trust and deepens bonds.

Greater Creativity and Innovation

A slower pace provides space for reflection and creative thinking. When not rushed, individuals are more likely to generate innovative ideas and solutions.

Steps to Embodying the Ruthless Elimination of Hurry

Putting the ruthless elimination of hurry into practice involves intentional steps and ongoing commitment. Start small and gradually integrate these changes into your lifestyle.

1. Identify time-consuming habits and activities that can be minimized or removed.
2. Set daily or weekly periods for rest, reflection, and unstructured time.
3. Practice single-tasking instead of multitasking to improve focus.
4. Regularly review commitments and eliminate non-essential tasks.
5. Incorporate mindfulness practices to stay grounded in the present.

6. Create routines that support a slower, more intentional pace.
7. Seek support from peers, mentors, or communities adopting similar values.

Common Challenges and How to Overcome Them

Implementing the ruthless elimination of hurry often comes with obstacles. Social pressures, workplace demands, and internal habits can make it difficult to slow down. Understanding these challenges and developing strategies to address them is crucial for sustained change.

Dealing with External Expectations

Many environments reward busyness and speed. Communicate your intentions clearly and demonstrate the benefits of a more intentional approach to those around you. Lead by example and encourage others to value presence over productivity.

Overcoming Internal Resistance

It's common to feel uncomfortable or guilty when slowing down. Recognize that rest and reflection are essential for long-term success. Reframe your mindset to view slowing down as an investment in your well-being, not a sign of laziness.

Staying Consistent Amid Distractions

Digital devices and constant notifications can undermine efforts to eliminate hurry. Set boundaries for technology use, such as designated "no-phone" times, and create environments that support focus and calm.

Conclusion

The ruthless elimination of hurry is a transformative practice for those seeking balance, purpose, and lasting satisfaction. By understanding its philosophy, recognizing the costs of chronic busyness, and applying practical strategies, individuals can unlock a more intentional and fulfilling way of

living. Embracing this approach leads to improved well-being, stronger relationships, and enhanced creativity, even in a fast-paced world.

Q: What does the phrase "ruthless elimination of hurry" mean?

A: The phrase refers to the intentional practice of removing unnecessary busyness and urgency from one's life to focus on what truly matters, leading to greater presence, productivity, and well-being.

Q: Who popularized the concept of the ruthless elimination of hurry?

A: The concept was popularized by John Mark Comer, who drew on spiritual and philosophical traditions to advocate for a slower, more intentional way of living.

Q: How does chronic hurry affect mental health?

A: Chronic hurry increases stress, anxiety, and the risk of burnout, while reducing focus, satisfaction, and overall emotional well-being.

Q: What are some practical steps to eliminate hurry from daily life?

A: Practical steps include prioritizing important activities, setting healthy boundaries, practicing mindfulness, simplifying routines, and regularly reviewing commitments to remove non-essentials.

Q: What benefits can one expect from slowing down?

A: Benefits include reduced stress, better sleep, improved relationships, enhanced creativity, and a greater sense of fulfillment and purpose.

Q: How can someone overcome the guilt associated with slowing down?

A: Overcoming guilt involves reframing slowing down as an investment in well-being and productivity, rather than a sign of laziness or lack of ambition.

Q: Is the ruthless elimination of hurry suitable for workplace environments?

A: Yes, applying these principles in the workplace can lead to higher quality work, improved focus, better teamwork, and reduced burnout.

Q: What role does mindfulness play in eliminating hurry?

A: Mindfulness helps anchor individuals in the present moment, reducing the urge to rush and improving mental clarity and emotional resilience.

Q: Can technology make it harder to eliminate hurry?

A: Yes, constant notifications and digital distractions often contribute to a hurried mindset; setting boundaries with technology is an important strategy.

Q: What are common mistakes people make when trying to slow down?

A: Common mistakes include taking on too many commitments, lacking clear boundaries, and underestimating the importance of rest and reflection in sustaining a slower pace.

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Ruthless Elimination of Hurry: Reclaiming Your Time and Sanity

Are you constantly rushing? Feeling overwhelmed by a never-ending to-do list? The relentless pressure of "hurry" is a modern plague, stealing our joy, impacting our health, and diminishing the quality of our lives. This post isn't about simple time management tips; it's about a ruthless elimination of hurry, a profound shift in mindset and approach to reclaim your time, reduce stress, and cultivate a more fulfilling existence. We'll explore practical strategies to identify the sources of

your hurry, implement effective changes, and ultimately, live a more intentional and peaceful life.

Understanding the Roots of Hurry

Before we can eliminate hurry, we need to understand its origins. Why are we always in such a rush? Often, it stems from:

Overcommitment: We say "yes" too often, overloading our schedules with commitments that don't align with our values or priorities.

Perfectionism: The pursuit of flawlessness can lead to procrastination and ultimately, a frantic rush to meet deadlines.

Fear of Missing Out (FOMO): The constant pressure to keep up with others and participate in every opportunity can leave us feeling stretched thin.

External Pressures: Societal expectations, demanding work environments, and technological distractions all contribute to the feeling of urgency.

Poor Prioritization: Lack of clarity on what truly matters leads to scattered efforts and a sense of being constantly behind.

Strategies for a Ruthless Elimination of Hurry

The path to a less hurried life requires conscious effort and consistent practice. Here are some key strategies:

1. Mastering the Art of Saying "No"

This is arguably the most crucial step. Learn to politely but firmly decline requests that don't align with your priorities or overload your capacity. Prioritize your well-being and protect your time.

2. Prioritizing Tasks with Ruthless Efficiency

Implement a prioritization system like the Eisenhower Matrix (urgent/important) to focus your energy on high-impact activities. Delegate or eliminate less important tasks.

3. Mindful Time Blocking

Instead of simply scheduling tasks, allocate specific blocks of time for focused work. This reduces context switching and minimizes distractions. Include buffer time between tasks to account for unexpected delays.

4. Eliminating Distractions

Identify and minimize sources of distraction. This might involve turning off notifications, silencing your phone, or creating a dedicated workspace free from interruptions. Consider using website blockers or productivity apps to enhance focus.

5. Embracing Minimalism

Simplify your life by decluttering your physical space and digital life. Less stuff means less to manage, resulting in less stress and a greater sense of control.

6. Practicing Mindfulness and Self-Compassion

Incorporate mindfulness practices like meditation or deep breathing to cultivate presence and reduce anxiety. Be kind to yourself; perfection isn't achievable, and striving for it only fuels the cycle of hurry.

7. Setting Realistic Expectations

Avoid setting overly ambitious goals. Break down large tasks into smaller, more manageable steps. Celebrate small victories along the way to maintain motivation.

8. Scheduling "Do Nothing" Time

Ironically, scheduling downtime is essential to combating hurry. Allocate specific time slots for relaxation, hobbies, or simply doing nothing. This allows you to recharge and approach your tasks with renewed energy.

The Long-Term Benefits of a Less Hurried Life

The benefits of eliminating hurry extend far beyond simply managing your time effectively. A less hurried life fosters:

Reduced Stress and Anxiety: A slower pace allows your mind and body to relax, reducing the risk of burnout and chronic stress.

Improved Mental Clarity and Focus: When you're not constantly rushing, you can think more clearly and make better decisions.

Enhanced Creativity and Productivity: Ironically, slowing down can actually boost your productivity by allowing for deeper focus and more creative thinking.

Stronger Relationships: Being present and engaged in your relationships, rather than rushing from one thing to the next, strengthens bonds and enhances connection.

Increased Self-Awareness and Fulfillment: A slower pace allows you to reflect on your values and priorities, leading to a greater sense of purpose and fulfillment.

Conclusion

The ruthless elimination of hurry is not a quick fix; it's a journey of conscious self-awareness and consistent effort. By implementing these strategies and cultivating a mindful approach to time, you can reclaim your sanity, reduce stress, and create a life that is richer, more fulfilling, and significantly less hurried. Embrace the power of "no," prioritize ruthlessly, and rediscover the joy of a slower, more intentional pace.

FAQs

1. Isn't being busy a sign of success? Not necessarily. Being busy often means being inefficient and prioritizing the wrong things. Success is about achieving meaningful goals, not just accumulating tasks.
2. How do I deal with unexpected interruptions? Build buffer time into your schedule and practice flexibility. Accept that interruptions will occur and don't let them derail your entire day.
3. What if I feel guilty about slowing down? Challenge those feelings. Prioritizing your well-being is not selfish; it's essential for sustainable productivity and a happy life.
4. Can I apply this to my work environment even if my boss is demanding? Communicate your need for focused work blocks and prioritize tasks effectively. Suggest strategies for improving team efficiency. It's about finding a balance, not escaping responsibility.
5. How long does it take to see results? It varies from person to person, but consistent effort will yield noticeable results within a few weeks. Be patient with yourself and celebrate your progress.

ruthless elimination of hurry: *The Ruthless Elimination of Hurry* John Mark Comer, 2019-10-29 ECPA BESTSELLER • A compelling emotional and spiritual case against hurry and in favor of a slower, simpler way of life “As someone all too familiar with ‘hurry sickness,’ I desperately needed this book.”—Scott Harrison, New York Times best-selling author of *Thirst* “Who am I becoming?” That was the question nagging pastor and author John Mark Comer. Outwardly, he appeared successful. But inwardly, things weren’t pretty. So he turned to a trusted mentor for guidance and heard these words: “Ruthlessly eliminate hurry from your life. Hurry is the great enemy of the spiritual life.” It wasn’t the response he expected, but it was—and continues to be—the answer he needs. Too often we treat the symptoms of toxicity in our modern world instead of trying to pinpoint the cause. A growing number of voices are pointing at hurry, or busyness, as a root of much evil. Within the pages of this book, you’ll find a fascinating roadmap to staying emotionally healthy and spiritually alive in the chaos of the modern world.

ruthless elimination of hurry: The Common Rule Justin Whitmel Earley, 2023-03-14 Habits form us more than we form them. Though we yearn for the freedom of the gospel, we remain anxious people shackled by our screens and exhausted by our routines. The answer is a rule of life that aligns our habits with our beliefs. Justin Earley provides doable, life-giving practices to find freedom and rest for your soul.

ruthless elimination of hurry: An Unhurried Life Alan Fadling, 2020-04-07 How do we find balance between our sense of calling and the call to rest? Spiritual director and recovering speed addict Alan Fadling leads readers in a meditation on the unhurried life. Following Jesus' earthly life, this revised edition from Fadling shows how the work of unhurrying ourselves is central to our spiritual development.

ruthless elimination of hurry: Garden City John Mark Comer, 2015-09-29 You've heard people say, Who you are matters more than what you do. But does the Bible really teach us that? Join pastor and bestselling author John Mark Comer in Garden City as he guides twenty- and thirty-somethings through understanding and embracing their God-given calling. In Garden City, John Mark Comer gives a surprisingly countercultural take on the typical spiritual answer the church gives in response to questions about purpose and calling. Comer explores Scripture to discover God's original intent for how we're meant to spend our time, reshaping how you view and engage in your work, rest, and life. In these pages, you'll learn that, ultimately, what we do matters just as much as who we are. Garden City will help you find answers to questions like: Does God care where I work? Does he have a clear direction for me? How can I create a practice of rest? Praise for Garden City: In Garden City, John Mark Comer takes the reader on a journey--from creation to the final heavenly city. But the journey is designed to let each of us see where we are to find ourselves in God's good plan to partner with us in the redemption of all creation. There is in Garden City an intoxication with the Bible's biggest and life-changing ideas. --Scot McKnight, Julius R. Mantey Professor of New Testament, Northern Seminary

ruthless elimination of hurry: Loveology John Mark Comer, 2014-02-04 Finally--a theology of love that will help you navigate the confusing waters of modern relationship. In the beginning, God created Adam. Then he made Eve. And ever since we've been picking up the pieces. With an autobiographical thread that turns a book into a story, pastor and speaker John Mark Comer shares about what is right in male/female relationships--what God intended in the Garden. And about what is wrong--the fallout in a post-Eden world. Loveology starts with marriage and works backward. Comer deals with sexuality, romance, singleness, and what it means to be male and female; ending with a raw, uncut, anything goes Q and A dealing with the most asked questions about sexuality and relationships. This is a book for singles, engaged couples, and the newly married--both inside and outside the church--who want to learn what the Scriptures have to say about sexuality and relationships. For those who are tired of Hollywood's propaganda, and the church's silence. And for people who want to ask the why questions and get intelligent, nuanced, grace-and-truth answers, rooted in the Scriptures.

ruthless elimination of hurry: Live No Lies John Mark Comer, 2021-09-28 NEW YORK TIMES BESTSELLER • The bestselling author of *The Ruthless Elimination of Hurry* equips readers to recognize and resist the lies that seek to rob them of peace and freedom. "Live No Lies is brilliant, deep, scriptural, and will equip you to face the enemy and fight."—Jennie Allen, New York Times bestselling author of *Get Out of Your Head* We are at war. Not with a foreign government or domestic terrorists or a creepy new artificial intelligence hell-bent on taking over the world. No, it's a war we feel deep inside our own chests: we are at war with lies. The problem isn't so much that we tell lies but that we live them. We let them into our bodies, and they sabotage our peace. All around us in the culture and deep within our own body memories are lies: deceptive ideas that wreak havoc on our emotional health and spiritual well-being, and deceptive ideas about who God is, who we are, and what the good life truly is. The choice is not whether to fight or not fight, but whether we win or surrender. Ancient apprentices of Jesus developed a paradigm for this war; they spoke of the three enemies of the soul: the devil, the flesh, and the world. *Live No Lies* taps into this ancient wisdom from saints of the Way and translates the three enemies for the modern era, with all its secularism and sophistication. As a generation, we chuckle at the devil as a premodern myth, we are confused by Scripture's teaching on the flesh in an age where sensual indulgence is a virtue not a vice, and we have little to no category for the New Testament concept of the world. In this provocative and practical book, bestselling author John Mark Comer combines cultural analysis with spiritual

formation. He identifies the role lies play in our spiritual deformation and lays out a strategic plan to overcome them. Do you feel the tug-of-war in your own heart, the inner conflict between truth and lies? The spirit and the flesh? The Way of Jesus and the world? It's time to start winning. It's time to live no lies...

ruthless elimination of hurry: God Has a Name John Mark Comer, 2024-10-15 What you believe about God sets the foundation of the person you will become. In God Has a Name, pastor and New York Times bestselling author John Mark Comer invites you to rethink many of the prevalent myths and misconceptions about God and weigh them against what God actually tells us about himself. After all, what you believe about God will ultimately shape the type of person you become. We all live at the mercy of our ideas, and nowhere is this more true than our ideas about God. The problem is many of our ideas about God are wrong. Not all wrong, but wrong enough to form our souls in detrimental and disheartening ways. God Has a Name is a simple yet profound guide to understanding God in a new light--focusing on what God says about himself in the Bible. This one shift has the potential to radically alter how you relate to God, not as a doctrine, but as a relational being who responds to you in an elastic, back-and-forth way. John Mark Comer takes you line by line through Exodus 34:6-8--Yahweh's self-revelation on Mount Sinai, one of the most quoted passages in the Bible. Along the way, Comer addresses some of the most profound questions he came across as he studied these noted lines in Exodus, including: Why do we feel this gap between us and God? Could it be that a lot of what we think about God is wrong? Not all wrong, but wrong enough to mess up how we relate to him? What if our God is really a projection of our own identity, ideas, and desires? What if the real God is different, but far better than we could ever imagine? No matter where you are in your spiritual journey, God Has a Name invites you to step into a fresh and biblically rooted vision of who God is that has the potential to alter your life with God and shape who you become.

ruthless elimination of hurry: Faith Driven Entrepreneur Henry Kaestner, J. D. Greear, Chip Ingram, 2021-08 I'm excited about Faith Driven Entrepreneur. Anyone who is following the example of their creator God can find echoes of their work in this book. --Lecrae Entrepreneurship can be a lonely journey. But it doesn't need to be. God has a purpose and a plan for all those entrepreneurial dreams and creative gifts he gave you. The work you do today--the company you've built, the employees you work with, the customers you serve, the shareholders you report to, all of it--serves as an active part of what God wants to accomplish on earth. You are not alone in this journey. Join other faith-driven entrepreneurs as, together, we identify the values, habits, and traits that empower us to successfully build businesses, serve our communities, and faithfully pursue a loving relationship with God; read stories that exemplify how those values, habits, and traits unfold in everyday life; and discover the potential God wants to unleash through our work. Each book purchase includes access to the eight-session Faith Driven Entrepreneur video series, a discussion guide to encourage conversation among peers, and an invitation to join a Faith Driven Entrepreneur Group to meet other like-minded entrepreneurs.

ruthless elimination of hurry: **Marks of a Movement** Winfield Bevins, 2019-09-10 Marks of a Movement calls us back to the disciple-making mandate of the church through the timeless wisdom of John Wesley and the Methodist movement. With a love for history and a passion for today's church, Winfield helps us reimagine church multiplication in a way that focuses on making and multiplying disciples for the twenty-first century. Winfield Bevins reminds us of the vital multiplication lessons from the Wesleyan movement, one of the greatest missional movements the world has ever known. He highlights the necessity of discipleship as the starting point and the abiding strategic practice that is key to all lasting missional impact in and through movements. The Methodist movement is an example of the power of multiplying movements that utilize the strategy of discipleship. Within a generation, one in thirty people who were living in Britain had become Methodists, and the movement soon became a worldwide phenomenon. We in the Western Church need a movement of historic proportions once again. What would such a multiplication movement look like for us today? We must look to the past to gain wisdom for the future. And as we look at the

pages of church history, there is no better example of a multiplication movement in the West than the Methodist movement of the eighteenth and nineteenth centuries. Marks of a Movement highlights the lessons and key insights that enable us to learn from the past and reapply this timeless, biblical wisdom for today.

ruthless elimination of hurry: *Three Mile an Hour God* Kosuke Koyama, 2021-08-31 'Love has its speed. It is a spiritual speed. It is a different kind of speed from the technological speed to which we are accustomed. It goes on in the depth of our life, whether we notice or not, at three miles an hour. It is the speed we walk and therefore the speed the love of God walks.' Once we grasp that in Christ God chooses to walk amongst us, it changes our whole understanding of the speed of love, and the speed of theology. In *Three Mile an Hour God*, renowned Japanese theologian Kosuke Koyama reflects beautifully on a theme lost to western theology and western culture in general - the need for slowness. With a new foreword from John Swinton

ruthless elimination of hurry: *The Life You've Always Wanted* John Ortberg, 2009-05-18 Ignite a deeper, more vibrant relationship with God that impacts not just your spiritual life but every aspect of your daily life. John Ortberg calls readers back to the dynamic heartbeat of Christianity--God's power to bring change and growth--and reveals how and why transformation takes place. *The Life You've Always Wanted* offers modern perspectives on the ancient path of the spiritual disciplines. But it is more than just a book about things to do to be a good Christian. It's a road map toward true transformation that starts not with the individual but with the person at the journey's end--Jesus Christ. As with a marathon runner, the secret to finishing a race lies not in trying harder, but in training consistently--training with the spiritual disciplines. The disciplines are neither taskmasters nor ends in themselves. Rather they are exercises that build strength and endurance for the road of growth. The fruit of the Spirit--joy, peace, kindness, etc.--are the signposts along the way. Paved with humor and sparkling anecdotes, *The Life You've Always Wanted* is an encouraging and challenging approach to a Christian life that's worth living--a life on the edge that fills an ordinary world with new meaning, hope, change, and joy.

ruthless elimination of hurry: *Bullies and Saints* John Dickson, 2021-05-11 Is the world better off without Christianity? Combining narrative with keen critique of contemporary debates, author and historian John Dickson gives an honest account of 2,000 years of Christian history that helps us understand what Christianity is and what it's meant to be. To say that the Christian Church has an image problem doesn't quite capture it. From the Crusades and the Inquisition to the racism and abuse present in today's Church--both in Catholic and Protestant traditions--the institution that Christ established on earth has a lot to answer for. But the Church has also had moments throughout history when it has been in tune with Jesus' teachings--from the rise of charity to the invention of hospitals. For defenders of the faith, it's important to be able to recognize the good and bad in the church's history and be inspired to live aligned with Christ. For skeptics, this book is a thought-provoking introduction to the idea that Christianity is, despite all, an essential foundation of our civilization. *Bullies and Saints* will take you on a big-picture journey from the Sermon on the Mount to the modern church: Giving contextual accounts of infamous chapters of Christian history, such as the Crusades, and acknowledging their darkness. Outlining the great movements of the faith and defending its heroes and saints, some of whom are not commonly recognized. Examining the Church beside the teachings and life of Jesus and how it has succeeded in its mission to imitate Christ.

ruthless elimination of hurry: *To Hell with the Hustle* Jefferson Bethke, 2019-10-15 In a society where hustle is the expectation, busyness is the norm, and constant information is king, we've forgotten the fundamentals that make us human, anchor our lives, and provide meaning. Jefferson Bethke, New York Times bestselling author and popular YouTuber, has lived the hustle and knows we must stop doing and start becoming. Our culture makes constant demands of us: Do more. Accomplish more. Buy more. Post more. Be more. In following these demands, we have indeed become more: More anxious. More tired. More hurt. More depressed. More frantic. But it doesn't have to be that way. *To Hell with the Hustle* is your wake-up call to slow down and reclaim your life

in an overworked, overspent, and overconnected world. If you're feeling overwhelmed with the demands of work, family and community or if you're tired of being anxious, lonely, and burned out, *To Hell with the Hustle* will give you the tools you need to: Proactively set boundaries in your life Get comfortable with obscurity Find the best way to push back against the demands of contemporary life Discover the importance of embracing silence and solitude Handle the stressors that life throws at us Join Bethke as he discovers that the very things the world teaches us to avoid at all costs--silence, obscurity, solitude, and vulnerability--are the very things that can give us the meaning, the peace, and the richness we're truly seeking. Praise for *To Hell with the Hustle*: Ever feel like you need to work harder, put in more time to get ahead, or do everything in your power to be the best? That's the hustle. It can push you to places you don't want to go, and I've gone there more than I care to admit. In his latest book, *To Hell with the Hustle*, Jefferson Bethke will help you understand why the hustle can seem so alluring, show you how to avoid the traps it's created in our culture, and find true joy chasing after Christ instead. --Craig Groeschel, pastor of Life. Church and New York Times bestselling author

ruthless elimination of hurry: Life Without Lack Dallas Willard, 2018-02-27 What would it be like to live without fear? Join renowned philosopher Dallas Willard as he shares the biblically-backed secret to living with true contentment, peace, and security. In *Life Without Lack*, Dallas Willard revolutionizes our understanding of Psalm 23 by taking this comfortably familiar passage and revealing its extraordinary promises: The Lord is my shepherd, I shall not want...Yea, though I walk through the valley of the shadow of death, I will fear no evil. Written with Willard's characteristic gentle wisdom, *Life Without Lack* helps you experience: God's comforting presence God's abundant generosity Peace and freedom from worry Based on a series of talks by the late author and edited by his friend Larry Burtoft and by his daughter, Rebecca Willard Heatley, *Life Without Lack* will forever change the way you experience the most well-known passage in all of Scripture. Praise for *Life Without Lack*: Dallas Willard helps us to understand that the Twenty-Third Psalm is not meant as a nice sentiment or for kitschy decor, it is for the very thick of our lives, the very moment of crisis. Imagine what our personal lives, families, communities, and politics would look like if we rejected the frantic striving of our day, and instead embraced the life without lack offered to us in Jesus Christ. No one has helped me to imagine and enter into that life more than Dallas Willard. I recommend this book with great joy and hopeful expectation. --Michael Wear, bestselling author of *Reclaiming Hope*

ruthless elimination of hurry: Redeeming Your Time Jordan Raynor, 2021-10-19 Manage your time the way Jesus managed his with a biblical antidote to swamped to-do lists and hurried schedules. "A highly practical road map."—Mark Batterson, New York Times bestselling author and lead pastor of National Community Church Despite the overwhelming amount of resources for time management and work-life balance, the ability to cultivate the efficiency and equilibrium needed to manage all our worthy pursuits can often feel frustratingly out of reach. The reason for our struggle is that productivity and time-management systems focus on individual habits rather than more meaningful and lasting lifestyle changes. But as it turns out, there is a better way to reach our full potential. We don't need just another approach to changing our habits. What we need is an operating system that takes into account the full scope of our lives. In these pages, bestselling author Jordan Raynor presents this system, using seven powerful time- management principles drawn from the example of how Jesus lived: 1. Start with the Word: Find meaningful connection with the author of time daily. 2. Let Your Yes Be Yes: Accept only the commitments you can fulfill. 3. Dissent from the Kingdom of Noise: Create room for silence, stillness, and reflection. 4. Prioritize Your Yeses: Confidently maintain your commitments. 5. Accept Your "Unipresence": Focus on one important thing at a time. 6. Embrace Productive Rest: Live the God-designed rhythms of rest which are productive for our goals and souls. 7. Eliminate All Hurry: Embrace productive busyness while ruthlessly eliminating hurry from our lives. With these principles, you'll see how Jesus managed his time on earth and how he responded to human constraints much like the ones you face today. More than that, you'll discover corresponding practices that will help you embrace the best, most

Christlike version of yourself possible: purposeful, present, and wildly productive.

ruthless elimination of hurry: *A Non-Anxious Presence* Mark Sayers, 2022-05-03 For much of recent history individuals and institutions could plan, execute, and flourish with their visions of a better world. Volatile, complex forces could be addressed and confronted with planning and management. But crisis is a great revealer. It knocks us off our thrones. It uncovers the weaknesses in our strategies and brings to light our myths and idols. Our past strategies run aground, smashed by unpredictable and chaotic waves. Yet in the midst of the chaos of a crisis comes opportunity. The history of the church tells us that crisis always precedes renewal, and the framework of renewal offers us new ways forward. A Non-Anxious Presence shows how that renewal happens and offers churches and leaders strategic ways to awaken the Church and see our culture changed for Christ.

ruthless elimination of hurry: *8 Habits for Growth* Darryl Dash, 2021-08-03 Don't just do the right actions. Build habits—and watch your life be transformed. Many books try to help you do the right actions. But the real key to life transformation—for yourself and then for others—is building habits that become part of your life. Because habits don't just dictate what you do. They reflect who you are. In *8 Habits for Growth*, Darryl Dash wants to show you the eight long-term practices—all very doable—that will lead to permanent growth if you incorporate them into your life. You'll learn why it's important to: Make time Rest Read or listen to the Bible Pray Pursue worship and community in a church Care for your body Simplify your spiritual life Build a rule of life Personal growth doesn't happen overnight. But it does happen, slowly, as you build God's habits into your life. So what are you waiting for? Start your new habits today and let God transform who you are . . . and who you can become.

ruthless elimination of hurry: *Subversive Sabbath* A. J. Swoboda, 2018-02-20 We live in a 24/7 culture of endless productivity, workaholicism, distraction, burnout, and anxiety--a way of life to which we've sadly grown accustomed. This tired system of life ultimately destroys our souls, our bodies, our relationships, our society, and the rest of God's creation. The whole world grows exhausted because humanity has forgotten to enter into God's rest. This book pioneers a creative path to an alternative way of existing. Combining creative storytelling, pastoral sensitivity, practical insight, and relevant academic research, *Subversive Sabbath* offers a unique invitation to personal Sabbath-keeping that leads to fuller and more joyful lives. A. J. Swoboda demonstrates that Sabbath is both a spiritual discipline and a form of social justice, connects Sabbath-keeping to local communities, and explains how God may actually do more when we do less. He shows that the biblical practice of Sabbath-keeping is God's plan for the restoration and healing of all creation. The book includes a foreword by Matthew Sleeth.

ruthless elimination of hurry: *Raising Passionate Jesus Followers* Phil Comer, Diane Comer, 2018-03-06 Hope and practical help for parents whose greatest longing is to shepherd their children into a vibrant faith in God. For Christian parents, there is no greater joy than seeing their children learn to walk with the Lord. And there is no greater fear than that their children will walk away from God. After serving together in pastoral ministry and raising their now-grown children, Phil and Diane Comer know those hopes and fears well. Like all new parents, they were intimidated and unsure about how to take on the task of spiritually training their young children. But now, with all four of their children grown and establishing their own households of faith, Phil and Diane have embarked on a quest to help the next generation of parents raise passionate Jesus followers. Drawing on years of pastoral counseling, teaching, leading, and decades of watching families from the perspective of pastors and leaders in ministry, Phil and Diane instruct, guide, encourage, and offer hope and practical help to Christian parents. *Raising Passionate Jesus Followers* is a manual full of practical, biblically based, and time-tested guidelines that parents will be able to turn to again and again through every stage of their children's development, including . . . Formulating a plan Laying the foundation, ages 0-5 Doing the framing, ages 6-12 Installing the functional systems, ages 13-17 Completing the finish work, ages 18-22 And keeping the front door open for your grown children

ruthless elimination of hurry: *Sacred Fire* Ronald Rolheiser, 2014-03-11 When one reaches

the highest degree of human maturity, one has only one question left: How can I be helpful?—TERESA OF ÁVILA Beloved author Ronald Rolheiser continues his search for an accessible and penetrating Christian spirituality in this highly anticipated follow-up to the contemporary classic, *The Holy Longing*. With his trademark acuity, wit, and thoughtfulness, Rolheiser shows how identifying and embracing discipleship will lead to new heights of spiritual awareness and maturity. In this new book, Rolheiser takes us on a journey through the dark night of the senses and of the spirit. Here, we experience the full gamut of human life, pleasure and fervor, disillusionment and boredom. But, as Rolheiser explains, when we embrace the struggle and yearning to know God we can experience too a profound re-understanding to our daily lives. “What lies beyond the essentials, the basics?” Rolheiser writes. “Where do we go once some of the basic questions in our lives have been answered, or at least brought to enough peace that our focus can shift away from ourselves to others? Where do we go once the basic questions in our lives are no longer the restless questions of youthful insecurity and loneliness? Who am I? Who loves me? How will my life turn out? Where do we go once the basic question in life becomes: How can I give my life away more purely, and more meaningfully? How do I live beyond my own heartaches, headaches, and obsessions so as to help make other peoples’ lives more meaningful? The intent of this book is to try to address exactly those questions: How can we live less self-centered, more mature lives? What constitutes deep maturity and how do we reach that place? And, not unimportantly, what constitutes a more adult, Christian discipleship? What constitutes a truly mature following of Jesus?” As the poet Rainer Maria Rilke suggests, “Live the questions now.” In *Sacred Fire*, Rolheiser’s deeply affecting prose urges us on in pursuit of the most holy of all passions—a deep and lasting intimacy with God.

ruthless elimination of hurry: My Name Is Hope John Mark Comer, 2011-12-01

ruthless elimination of hurry: *Invitation to Solitude and Silence* Ruth Haley Barton, 2021-07-16 Ruth Haley Barton's award-winning, practical introduction to the spiritual practice of silence and solitude is an invitation to you to journey into the real presence of God and hear and his voice. Much of the Christian faith is about words - preaching, teaching, talking with others. But the hectic demands and noise of daily modern life can drown out God's words, and keep us from fully meeting him. Taking the story of Elijah the prophet as inspiration and example, *Invitation to Solitude and Silence* explores the power of quietness and stillness in connecting with God. Filled with practical exercises that draw on Ruth's own experience, it encourages and challenges us to rethink how we see silence and solitude and to use them to invite God deeper into our lives. *Invitation to Solitude and Silence* is ideal for anyone looking for spiritual disciplines to help them connect more fully with God and practices to aid their spiritual formation. Ruth's gentle wisdom will expand your idea of what prayer can be, and help you find time to rest and renew your faith so that your relationship with God is strengthened. Helpful and hopeful, this book is a reminder that God does not push himself where he is not wanted but waits for us to respond from the depths of our desire. Will you say yes?

ruthless elimination of hurry: *Growing Slow* Jennifer Dukes Lee, 2021-05-11 Enter a simpler way of living by unhurrying your heart, embracing the relaxed rhythms of nature, and discovering the meaningful gift of growing slow. We long to make a break from the fast pace of life, but if we're honest, we're afraid of what we'll miss if we do. Yet when going big and hustling hard leaves us stressed, empty, and out of sorts, perhaps this can be our cue to step into a far more satisfying, sustainable pace. In this crafted, inspiring read, beloved author Jennifer Dukes Lee offers a path to unhurried living by returning to the rhythm of the land and learning the ancient art of Growing Slow. Jennifer was once at breaking point herself, and tells her story of rude awakening to the ways her chosen lifestyle of running hard, scaling fast, and the neverending chase for results was taking a toll on her body, heart, and soul. But when she finally gave herself permission to believe it takes time to grow good things, she found a new kind of freedom. With eloquent truths and vivid storytelling, Jennifer reflects on the lessons she learned from living on her fifth-generation family farm and the insights she gathered from the purposeful yet never rushed life of Christ. *Growing Slow* charts a path out of the pressures of bigger, harder, faster, and into a more rooted way of

living where the growth of good things is deep and lasting. Following the rhythms of the natural growing season, *Growing Slow* will help you: Find the true relief that comes when you stop running and start resting in Jesus Learn practices for unhurrying your heart and mind every day Let go of the pressure and embrace the small, good things already bearing fruit in your life And engage slow growth through reflection prompts and simple application steps

ruthless elimination of hurry: *The Burden Is Light* Jon Tyson, 2018-03-13 A NYC pastor and global influencer inspires readers to find their most meaningful and purposeful life. Surprising to many, this life is not measured by success, comparison, or accolades. Rather, free and joyful living stems from a God-centered celebration of our union with Christ and the lives of those around us. Jon Tyson's exploration of the reverse economy of the kingdom frees his readers from merit-based living...not just in terms of salvation, but daily, earthly value. Life is not meant to be a series of competitions or a survival of the fittest rat race. Yet so many of the messages around us, so many of the voices bombarding our hearts and minds tie up our value and package it with our accolades. This book gives another way forward. It shows readers how to value their individual lives based on what God says about them, rather than how they measure themselves against the world. This is a must read for each and every person trying to find their voice and purpose in a loud and frenetic world.

ruthless elimination of hurry: Putting a Face on Grace Richard Blackaby, 2006-04-04 Complete the Cycle of Grace How sweet the sound—it saved a wretch like you. It's amazing. But has God's grace changed you? Is it changing others through you? Richard Blackaby explores what may be causing you to miss out on an abundant life of grace, and how simply knowing about it is a far cry from embracing a grace-filled lifestyle. Once you fully experience and grasp its essence, you can't help but "practice" God's undeserved favor by passing it on to everyone around you. Grace shares a close relationship with love, is never static, and is always searching for those willing to receive it. This book focuses on pointed and practical life application so that you can attain the power of gracious living today! Let God's Grace Flow Through You God's grace is so boundless, so contrary to human nature, and so unconditionally given that you will never understand it... ..until you give it away. Get ready to be washed in pure joy, renewed by a fresh sense of gratitude for the rich, undeserved favor God continually bestows upon you. Dr. Richard Blackaby explores what it means to make God's grace a lifestyle and how it will become personal, practical, and recognizable in your life. You'll discover: What genuine grace is and what it is not The power of life words and the devastation of death words The secret to establishing a grace-filled home How to recognize grace-giving opportunities Ways to extend grace when you don't think you can Unable to deny His unconditional love, or even to keep it to yourself, soon grace will have a face. And the reflection in your mirror will tell its story. Amazing Grace, How Sweet the Sound It's a living, breathing testament to the depth of God's love. You don't deserve it, but you've got it. So, what are you doing with God's amazing grace? Many Christians sing of its sweet sound, but fail to extend it to others—missing the point entirely. *Putting a Face on Grace* provides practical ways you can become a conduit of God's grace to those around you. Dr. Richard Blackaby's personal stories will have you nodding in agreement, laughing with empathetic understanding, and eagerly embracing a new life worth passing on. You will become the essential element that keeps God's life-giving grace flowing. And if you think you're unworthy of such an honor, that's good. That's grace... Story Behind the Book Much has been said about God's grace. Observing it, defining it, soaking it in. But little has been said about bringing it full circle, to the point where we freely receive and give it on a daily basis. This is what lifestyle grace is all about. Richard Blackaby's book hits a market in need, and "reinvents" grace for us all—exploding our understanding of this tremendous gift and bringing it into a new, tangible dimension.

ruthless elimination of hurry: *Uncommon Service* Frances X. Frei, Frances Frei, Anne Morriss, 2012 Offers an organizational design model for service organizations, covering such topics as funding mechanisms, employee management systems, and customer management systems.

ruthless elimination of hurry: *100 Days to Brave* Annie F. Downs, 2017-10-24 You were always meant to be brave. Whether you're coping with loss, making a major decision, or facing a

fear, 100 Days to Brave will give you courage and confidence to move forward. With honesty and relatable humor, New York Times bestselling author Annie F. Downs invites you to embrace the path and plan God has for you. Stop allowing your fears to hold you back. Face them head on with 100 Days to Brave as your devotional guide to walking the road to your most courageous self. Dare to spend the next 100 days discovering how to: Experience personal growth, navigate difficult transitions, and overcome anxiety Conquer your fear so it doesn't hold you back Establish daily habits to keep you mentally strong Impacting 400,000 individuals and families, 100 Days to Brave is for: Women (and men, too) of all ages Individuals wanting to ignite hope in their life Devotions by yourself, with a small group, or a youth group Gifts of self-care and self-discovery Birthday gifts, Mother's Day, National Best Friends Day, and holiday giving As a society, we are going through a lot! With anxiety and loneliness at all-time highs, it's important that you take the next 100 days to discover that you are braver than you know and stronger than you thought possible. Look for additional inspirational books from Annie: Let's All Be Brave Perfectly Unique Speak Love

ruthless elimination of hurry: Searching for Enough Tyler Staton, 2022-11-10 Do you ever find yourself thinking, 'I'm not enough, and I'm never going to be. And I know I'm not supposed to say this, but God's not enough for me either.' Whether or not we attend church, deep down we wonder if the biblical story of faith is really enough for the complexity of the world in which we live. We fill our lives with other things, hoping that maybe the next experience or accomplishment will complete us. Yet with every goal we reach, we still feel discouraged and anxious. In Searching for Enough, Pastor Tyler Staton draws on ancient and modern insights to introduce us, as if for the first time, to Jesus' disciple Thomas: history's most notorious sceptic. Like Thomas, we are caught between two unsatisfying stories: we want to believe in God but can't reconcile his presence with our circumstances and internal struggles. But what if there's a better story than shame? What if there's redemption so complete that there's nothing left to hide? What if there is a God who can heal your resentments, fears, and loneliness in such a profound way that you feel whole? From a place of spiritual companionship and deep authenticity, Tyler shows us that it is not an empty tomb that will change our lives, but the presence of the living God. Whether you are a distant skeptic, an involved doubter, or a busy but bored Christian, Searching for Enough invites you to find enough in a God who offers the only promises that never disappoint.

ruthless elimination of hurry: Love Does Bob Goff, 2012 Now a New York Times Bestseller As a college student he spent 16 days in the Pacific Ocean with five guys and a crate of canned meat. As a father he took his kids on a world tour to eat ice cream with heads of state. He made friends in Uganda, and they liked him so much he became the Ugandan consul. He pursued his wife for three years before she agreed to date him. His grades weren't good enough to get into law school, so he sat on a bench outside the Dean's office for seven days until they finally let him enroll. Bob Goff has become something of a legend, and his friends consider him the world's best-kept secret. Those same friends have long insisted he write a book. What follows are paradigm shifts, musings, and stories from one of the world's most delightfully engaging and winsome people. What fuels his impact? Love. But it's not the kind of love that stops at thoughts and feelings. Bob's love takes action. Bob believes Love Does. When Love Does, life gets interesting. Each day turns into a hilarious, whimsical, meaningful chance that makes faith simple and real. Each chapter is a story that forms a book, a life. And this is one life you don't want to miss. Light and fun, unique and profound, the lessons drawn from Bob's life and attitude just might inspire you to be secretly incredible, too. Endorsements: If this book does not make your heart beat faster, book the next flight to Mayo Clinic --Bill Hybels, Senior Pastor, Willow Creek Community Church, Chairman, Willow Creek Association Bob Goff is a one-man tsunami of grace, a hurricane of love. He doesn't just talk about change, he really is change, as Love Does chronicles in such a vivid way. Yet, Love Does doesn't leave you feeling like you want to celebrate its author, it awakens a sense deep within that you, too, have an outrageous role to play in God's unfolding story or rescue and repair. --Louie Giglio, Passion Conferences/Passion City Church An interesting and compelling story (with Young Life roots) that ends with a practical challenge and punch: 'love does' and God can use you to do it

--Denny Rydberg, President, Young Life Every once in a while someone like Bob Goff shows up to remind us that some things matter a lot more than others. Love Does has a kind of 'north star' effect that will push you to refocus your life and energy on what is most significant. It doesn't just invite you to respond with your God-given potential, it invites you to become a part of what God can do beyond your potential. --Reggie Joiner, Founder and CEO of Orange We liked the book a lot. Mostly, the balloons on the cover. The rest was pretty good too. Lots of stories about how God helps us. --Aedan, Asher and Skye Peterson ages 13, 12 and 9 This may look like a book. It's not. It is an invitation to enter into the greatest adventure you have ever known--your life as it was meant to be lived. Hang on --Michael Hyatt, Author, Platform: Get Noticed in a Noisy World, MichaelHyatt.com Bob's ability to love people brings contagious hope and inspiration wherever he goes. The power of love showcased in this book will surely touch the hearts and souls of many people. Read Love Does and find a friend in one the world's best hidden secrets, a person who shows how love can create connection and make a difference--even across oceans. --George Tsereteli, Deputy Chairman of the Parliament of Georgia (former Russian Republic)

ruthless elimination of hurry: Workship Kara Martin, 2017-11-01 "The Hebrew root word for 'work' is also the root word for 'service', particularly service to God in worship. By combining the two English words, 'work' and 'worship', I hope to challenge people to integrate their faith and work. Work does not just refer to what is done in paid employment. I believe God sees work as any purposeful activity requiring focus and effort. It could be housework, schoolwork, caring for children or parents, study, paid work, voluntary work, etc." — Kara Martin In her book, Kara explores the biblical view of work, provides six spiritual disciplines to integrate faith and work, shares practical wisdom on how to make a difference in the workplace, and offers ideas to help churches better equip their congregations to live out their faith at work.

ruthless elimination of hurry: Love That Lasts Jefferson Bethke, Alyssa Bethke, 2017-10-10 In Love That Lasts, New York Times bestselling author of Jesus > Religion Jefferson Bethke and his wife, Alyssa, expose the distorted views of love that permeate our culture and damage our hearts, minds, and souls. Drawing from Jeff's "prodigal son" personal history and from Alyssa's "True Love Waits" experience, the Bethkes point to a third and better way. Blending personal storytelling with biblical teaching, they offer readers an inspiring, realistic vision of love, dating, marriage, and sex. Young people today enter adulthood with expectations of blissful dating followed by a romantic, fulfilling marriage only to discover they've been duped. They learned about love and sexuality from social media, their friends, Disney fairy tales, pornography, or even their own rocky past, and they have no idea what healthy, lifelong love is supposed to be like. The results are often disastrous, with this generation becoming one of the most relationally sick, sexually addicted, and divorce ridden in history. Looking to God's design while drawing lessons from their own successes and failures, the Bethkes explode the fictions and falsehoods of our current moment. One by one, they peel back lies such as, the belief that every person has only one soul mate, that marriage will complete you, and that pornography and hook-ups are harmless.

ruthless elimination of hurry: HRH Elizabeth Holmes, 2020-11-17 ****THE INSTANT NEW YORK TIMES BESTSELLER**** Veteran style journalist Elizabeth Holmes expands her popular Instagram series, So Many Thoughts, into a nuanced look at the fashion and branding of the four most influential members of the British Royal Family: Queen Elizabeth II; Diana, Princess of Wales; Catherine, The Duchess of Cambridge; and Meghan, The Duchess of Sussex. Kate Middleton and Meghan Markle are global style icons, their every fashion choice chronicled and celebrated. With all eyes on them, the duchesses select clothes that send a message about their values, interests, and priorities. Their thoughtful sartorial strategies follow in the footsteps of Queen Elizabeth II and Diana, Princess of Wales, two towering figures known for using their personal style to great acclaim. With one section devoted to each woman, HRH is a celebration of their stories and their style, pairing hundreds of gorgeous photographs with extensive research. A picture emerges of the British monarchy's evolution and the power of royal fashion, showing there's always more than what meets the eye.

ruthless elimination of hurry: *Am I Just My Brain?* Sharon Dirckx, 2019-05-01 Looking at the body, mind and soul to answer the question: What exactly is a human being? Modern research is uncovering more and more detail of what our brain is and how it works. We are living, thinking creatures who carry around with us an amazing organic supercomputer in our heads. But what is the relationship between our brains and our minds-and ultimately our sense of identity as a person? Are we more than machines? Is free-will an illusion? Do we have a soul? Brain Imaging Scientist Sharon Dirckx lays out the current understanding of who we are from biologists, philosophers, theologians and psychologists, and points towards a bigger picture that suggests answers to the fundamental questions of our existence. Not just What am I?, but Who am I?-and Why am I? Read this book to gain valuable insight into what modern research is telling us about ourselves, or to give a sceptical friend to challenge the idea that we are merely material beings living in a material world.

ruthless elimination of hurry: 24/6 Tiffany Shlain, 2019-09-24 Winner of the Marshall McLuhan Outstanding Book Award Entrepreneur's 12 Productivity and Time-Management Books to Read "I'm won over to a day with people, not screens....I tried Shlain's idea. I highly recommend it." —The New York Times "Tiffany Shlain is a modern-day prophet, brilliant and incredibly funny in equal measure...24/6 is timeless and timely wisdom." —Angela Duckworth, #1 New York Times bestselling author This "wise, wonderful work" (Publishers Weekly starred review) demonstrates how turning off screens one day a week can work wonders on your brain, body, and soul. Do you wish you had more time to do what you love, think deeply, and focus on the people and things that matter most? By giving up screens one day a week for over a decade, Internet pioneer and renowned filmmaker Tiffany Shlain and her family have gained more time, productivity, connection, and presence. Shlain takes us on a thought-provoking and entertaining journey through time and technology, introducing a strategy for flourishing in our 24/7 world. Drawn from the ancient ritual of Shabbat, living 24/6 can work for anyone from any background. With humor and wisdom, Shlain shares her story, offering the accessible lessons she has learned and providing a blueprint for how to do it yourself. "Bolstered with fascinating and germane facts about neuroscience, philosophy, psychology, and the history of the concept of a day of rest" (Publishers Weekly), 24/6 makes the case for incorporating this weekly reset into our 24/7 lives, issuing a call to rebalance ourselves and our society.

ruthless elimination of hurry: Gospel-Centered Discipleship Jonathan K. Dodson, 2012-03-31 Reflecting on the practice of disciple making in young adult, college, graduate, and local church contexts, Jonathan Dodson has discerned some common pitfalls. For many, discipleship is reduced to a form of religious performance before God. For others, it devolves into spiritual license and a loose adherence to spiritual facts. Both approaches distort biblical motivations for Christian obedience and are in need of reform. By explaining various motivations for discipleship, Dodson charts a biblically faithful, grace-driven alternative. Additionally, he provides a practical model for creating gospel-centered discipleship groups—small, reproducible, missional, gender-specific groups of believers that fight for faith together. This book blends both theology and practice to inspire and equip Christians to effectively fight sin, keep Jesus central, and make gospel-centered discipleship a way of life. Both new and growing Christians will learn to trust the gospel in community as they fight together for holiness as well as how to start gospel-centered community groups in any local church.

ruthless elimination of hurry: Gentle and Lowly Dane C. Ortlund, 2020-03-18 Christians know that God loves them, but can easily feel that he is perpetually disappointed and frustrated, maybe even close to giving up on them. As a result, they focus a lot—and rightly so—on what Jesus has done to appease God's wrath for sin. But how does Jesus Christ actually feel about his people amid all their sins and failures? This book draws us to Matthew 11, where Jesus describes himself as "gentle and lowly in heart," longing for his people to find rest in him. The gospel flows from God's deepest heart for his people, a heart of tender love for the sinful and suffering. These chapters take readers into the depths of Christ's very heart for sinners, diving deep into Bible passages that speak of who Christ is and encouraging readers with the affections of Christ for his people. His longing heart for sinners comforts and sustains readers in their up-and-down lives.

ruthless elimination of hurry: Music of Eternity: Meditations for Advent with Evelyn Underhill Robyn Wrigley-Carr, 2021-08-19 'Almost before I had begun this wonderful book, I was hooked' STEPHEN COTTRELL 'Robyn Wrigley-Carr has produced a masterpiece of insight and wisdom' CLARION JOURNAL 'Nourishment for the soul on every page' AYLA LEPIE, CHURCH TIMES 'Wrigley-Carr illustrates how Underhill wonderfully unites reflection and prayer' DANA GREENE Beloved spiritual writer Evelyn Underhill believed that God does not just come to us at special times, but is always coming to us. But how do we recognise his coming and make ourselves open to it? In *Music of Eternity*, the Archbishop of York's Advent Book 2021, Robyn Wrigley-Carr shares a series of meditations exploring the nature God's comings. Skilfully weaving together Underhill's writings with the psalms and short prayers, she shows how, as Christians, we can embrace God's coming and be transformed by them in order to better love others. Full of rich warmth and encouragement, these Christian meditations will help you make the most of the Advent season and more able to connect with God at all times. Set out in four parts to take you through Advent and with questions for reflection, the Archbishop of York's Advent book can be used as a study for individuals or small groups to prepare for Christmas. *Music of Eternity* will help you find space to deepen your relationship with God, and to understand what Evelyn Underhill called the 'many-sided truth of God's perpetual coming to His creatures'.

ruthless elimination of hurry: The Joy of Hearing Thomas R. Schreiner, 2021-11-17 Join New Testament scholar Thomas Schreiner as he explores the meaning and purpose of the book of Revelation. The book of Revelation can feel more intimidating to read than other books of the Bible. It invites readers into a world that seems confusing and sometimes even strange: golden lampstands, seven seals, a dragon, and a rider on a white horse. But at its core, Revelation is a message of hope written to Christians facing hardship, and it's worth the effort to read it and understand it. In this first volume in the New Testament Theology series, trusted scholar Thomas Schreiner walks step-by-step through the book of Revelation, considering its many themes—the opposition believers face from the world; the need for perseverance; God as sovereign Creator, Judge, and Savior—as well as its symbolic imagery and historical context. *The Joy of Hearing* brings clarity to the content and message of Revelation and explores its relevance for the church today.

ruthless elimination of hurry: The Seasons of God Richard Blackaby, 2012-08-21 What season of life are you in? Each of us goes through periods of life that have a certain character—a few months or a few years, good times or difficult circumstances, times of brilliant joy or periods of dark clouds. Often we say, "It's just the season of life I'm in." But did you know that just as God has purposes for the seasons of nature, he also uses seasons in your life to grow you, work with you, and talk to you? Richard Blackaby explains in *The Seasons of God* how understanding the principles of the seasons can offer us hope, direction, insight, and intimacy with God himself. It's a thoughtful exploration of God's patterns at work in our lives—how His will is being carried out in the best way...at the best time. Your plans, your relationships, your career, your ministry—all have their unique God-intended moment. God's Word expresses it this way: "For everything there is a season, and a time for every matter under heaven." So what's your season of life? And what is God telling you through the season you're in?

ruthless elimination of hurry: Gun Lap Robert Wolgemuth, 2021-05-25 You may think you're too old to run fast, but you're not too old to run well. When the lead runner starts his final lap in a long-distance race, the starter fires his pistol for the second time. This signals the start of the gun lap—the last chance to leave it all out on the track. "Gun Lap" is for men who are running their last lap. Or maybe younger men who are looking ahead to their gun lap, but want to live the rest of their lives with purpose and strength. This is no small thing. In fact, it's a big deal, because we only get one chance at this life. The author of the New Testament book of Hebrews agrees...wrote, "Let us run with perseverance the race marked out for us" (12:1 CSB). Perseverance. No word better describes the goal of this race...every lap...including the last one. "Gun Lap" will help you pay close attention to the strides you have left.

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