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GOOD MORNING/INVOCATION – BS/HS

BS: This is the day the Lord has made. We will rejoice and be glad in it.

HS: Welcome. We are so honored to have you here. Let us rejoice because the Lord is our provider, he is our healer and he is our victory. And now would everybody turn around and shake hands and say God loves you and so do I.

BS: Welcome everyone. We're so glad you're here. We believe that God does want you here, that God has a word for you, that whatever reason you're here, if your tire was flat and you came in here looking for help, I hope you got it. Whatever reason you're here, we believe God has a word for you today. Believe it. Open your hearts and allow the spirit to move.

Father, we acknowledge that you are here. Your Holy Spirit, the Comforter. We thank you, God, that you are present. We pray, Father, that your Holy Spirit would move and encourage and lift up hearts we pray, in Jesus' name, amen.

SCRIPTURE – Psalm 37:2-7 - HS

In preparation for Bobby's message, the words of our Lord:

Trust in the Lord and do good; dwell in the land and enjoy safe pasture. Take delight in the Lord and he will give you the desires of your heart. Commit your way to the Lord. Trust in him and he will do this: he will make your righteous reward shine like the dawn, your vindication like the noonday sun. Be still before the Lord and wait patiently for him. And do not fret when people succeed in their ways, when they carry out their wicked schemes.

May we as God's children ruthlessly eliminate hurry from our lives.

INTERVIEW – PHIL MUNSEY

BS: Well today I have a really special honor to be with a dear friend, someone I've known my whole life. Phil Munsey is.. gosh where do I even begin? You know I know Phil from years ago because when my dad and I would walk our dog, we would see Phil all the time. He was a close friend of my dad, and whenever my dad took a day off of church, we still went to church, and we went to Phil's church in Mission Viejo. And I remember going several times. He always honored our family, and was a dear friend of our whole family, very much influenced by my grandfather and others. Now Phil is running Champions Network for Joel Osteen Ministries. And we had a great encounter on Praise the Lord back in January and reignited our friendship and it's been just great. He's been a spiritual father and a mentor to me and just so, so happy to have him here. Would you welcome with me Phil Munsey?

PM: Thank you.

BS: Phil, hi. Great to see you.

PM: We're honored to be here and on behalf of Joel and Victoria and Lakewood Church, we're so honored, and Joel considers you a very dear friend and it's so exciting. Bobby, I thank you for saying that you honor me as a father and a mentor because I'm going to do something that you could be upset, if you didn't think I was like a father because. I've talked to the producers and I'm going to actually switch this. Instead of you interviewing me, I think it's time somebody interviews our Pastor. What do you think?

BS: Okay!

PM: So look, you know I've been.. there you go. I've been watching you, of course, since you were a young man, but watching the phenomenon of what's happening with Hour of Power. And among the church community, among the secular community, everybody is just amazed at the favor of God that has come upon you and what's happening. Would you have ever thought five years ago you'd be doing what you're doing right now?

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BS: Well first of all this is totally crazy. Thank you for doing it. No, five years ago we were doing Tree of Life and we were doing a lot of work with the homeless. When we started that church, the first year gave all of our money away. We were able to do that cause a guy named Jim Case was able to paint a building, then got us to meet there for free, and then a number of serendipitous things happened and we did not have our eye on doing anything like this. And in fact I would have probably really resisted if the Lord had told me to start a TV ministry. It just wouldn't have been something that would have crossed my mind. I would have started an internet ministry, or a podcast, or something like that.

And so having been called into this role, I've actually learned the power of television. I love it. It's been a lot of fun, and there's been a learning curve but it's been amazing doing that and all at the same time, shepherding this church, which has been a tremendous honor and a real, real privilege to be the pastor of this church.

PM: What did you have to overcome in your mind to go from, first of all, this was expected. When you're young and people say you're probably going to be like your dad, you're going to be like your grandfather. And then you come from a generation that's somewhat cynical. How did you have to get over those barriers to be comfortable with where you are?

BS: Well I think one of the big challenges, first of all, coming into this church, friends, was I mean just my age, you know, just that I'm so young and can I shepherd a church filled with people my parent's age, and my grandparent's age. And can I have real spiritual authority in that community. And then to have little, I mean I had some experience in television but not in production or anything like that. So I didn't feel qualified and that's why I sort of had, I think, to get sucked into this is just kind of pulpit filling, and then like well what is my role here, and what am I going to do long term. And so I think it just took the Holy Spirit doing what he does.

There's something you said that I wanted to say in my interview of you today which was when I was at TBN, there was an experience where I was wrestling with some of these things. And Phil was interviewing me, and he said something like.. we were talking about blessing the next generation, and he said 'father's need to bless sons, not as sons, as they always have, but he needs to bless sons as fathers.' And then he said I bless you, not as a son, but as a spiritual father. And I actually felt something almost break in my spirit. When he said that, it really moved in me. And since then, January of this year, it's almost a year ago, an amazing amount of things have happened, not only my perspective of how to lead the church, but I think just even spiritual something big happened there for us.

PM: And I think we're all seeing that. To me, Bobby, when I look at you, I see this fusion. You're very intellectual, you're very smart, you're very scholarly, your approach to the scriptures. You have become a spiritual father, though you are young, because you're the first voice on television. It's pretty typical to see younger pastors attracting younger audiences; older pastors attracting older audience. You're the first to ever attract both, to bring back to the table a cynical generation.

BS: Yes, yes.

PM: And an older mature audience that's been there and done that and can't be fooled. And you know you have really done that. And this is the phenomenal. To me, I think we're seeing history. That's why I told the producers I got nothing to say. You're the guy that people want to know about because this is an amazing thing.

BS: Thank you.

PM: What has been the most shocking or most surprising thing that has been happening in the last three years since you been over Hour of Power?

BS: That's the most shocking thing what you just said. Really, that's it. If you say I don't know what I'm talking about, I'm not so sure. That's just it, I mean the fact is it's not even just the older people that we attract, but these are business owners, these are community leaders, these are professors, and many of you have had or still have tremendous careers, have been movers and shakers in the world. I just felt like I should be obedient to God and I just feel very, very humbled, really humbled at the idea that this church would embrace me as a pastor, really has meant the world and I love being here and I love this church really with all my heart. I don't know, I think a big part of trying to reach both has a lot to do with just being myself.

I had a friend Rich Watts that said 'never lose your pokey parts,' or something like that. It was like always be you. Don't ever try and be refined and look like someone else. Just be Bobby and that's what I've tried to do.

PM: Well you're really blazing a trail because you're showing a pattern that this can work. Often we get a sense in our culture that we hear about wars of nations against nation.

But there's a subtle war between generations and generations. And that's part of what I saw when I interviewed you that God was going to use you to really become a father even though you were young cause it's not really an age thing, it's a gifting, it's a calling. And I think it is remarkable to this congregation and to the millions of viewers that they have seen you, not just as a son, or a grandson, but that you have stepped in to your own calling and you are now fathering a generation with spiritual insight and wisdom. How do you feel about, though, you seem comfortable in embracing the legacy that you have. I mean it comes out of you. It's very easy to see your father and your grandfather coming out of you and it's actually quite fun.

BS: Well look all these sweet things you're saying about me and it's hard for me not to feel like I just got lucky. I mean I got a good hand. I know we don't believe or endorse luck. I believe it was God's providence, but it's not like I'm this like great strategic. Really a lot of it is just having the right team, guys like Russ and Chad and Don Neuen and Marc and different leaders, Glenn and all the many leaders in this church that are doing their various things. It was already working. All those things were already happening. And so I don't know, I feel very, very lucky. So what was your question? How do I feel about what now?

PM: No I think that you have become comfortable. A lot of people your age are either resisting their legacy and so you seem to have come to peace with letting your father, your mother, your grandfather. It flows and comes out of you and you seem to be at peace and you're not fighting it.

BS: No, well like my dad was the chief here, and he and I still talk all the time. He's not here today but he's very often here in the audience and we'll go to Whole Foods afterwards and we'll get lunch and we'll talk about things. And I used to have that relationship with my grandfather before he passed. In fact my dad, grandpa and I would get together all the time and every Thursday, in fact when I was at the Crystal Cathedral, my grandpa would meet with me for hours and he would bump everyone else and keep hanging out with me and really invested in Hannah and I. So much of who I am is because of my parents and my grandparents, and not just them, my grandma and grandpa Persley, and my mom and my step parents. I am who I am because of my grandma and grandpa, and because of my dad, so for me it would be uncomfortable to pretend like well I just came up with this stuff.

PM: You've embraced and I think it's great. I often tell people when they ask about what's my purpose in life? I always ask them three questions: what makes you tick, what makes you ticked, and what trickled down equity is in your legacy. And when you can get those three questions resolved, a lot of our destiny is in our history. And this is what I think you're doing. You're giving us an example to your generation to not resist, not to fight, but to embrace everything that's come through. And I just want to go on record saying I love your family, I love you, I love your heart. What I love about you: you're a phenomenal speaker and teacher, but you're a greater Christian, and that's what I love most about you.

BS: Thank you, thank you, guys.

PM: And I just want to say on behalf of Joel Osteen and the Champions Network, and so many pastors that are cheering for you. We are watching you. If you're a business person, you're watching the stock market. Well pastors watch pastors. We spy on each other. I can tell you people are talking good behind your back; they're talking good behind this congregation. We're all saying this is a phenomenon. We're so thrilled.

And I just want to say to our audience, on behalf of so many of us that know what's going on behind the scene, be a part of this phenomenon. You know if you were younger and you're a millennial's, you're often called in your 30's, you would say man I've never supported anybody on Christian TV. That's the last thing I would ever do. You know what? Consider now that you've found a voice that reflects your understanding of God, someone who's intelligent but also who's sincere, do that. Reach out and say you know what? I'm going to support something that's pure and that's something good.

And those of you that are older, you've been faithful over the years. This is your chance to do the greatest thing you could ever do and that is support the next generation. Don't just treat them like sons, but treat them like the father's they have now become. And in doing so, not only will you be honored, but you'll honor a ministry that I think, Bobby, I can just tell you, I just beam. When I watch you preach, when I watch the Hour of Power, man there is a lot of times I get off up my seat because I got Pentecostal roots. And I'm like yes!

But we love you, we're proud of you, and let me tell you something, your best days are ahead.

BS: Thank you, Phil.

PM: Do you believe that?

BS: Thank you.

PM: Thank you for letting me do this!

BS: Thanks, Phil. I appreciate it.

DECLARATION – BS

We're going to say this confession together. We're talking about it today, so really listen. Hold your hands out like this as a sign of receiving. Take a deep breath. I'm not what I do. I'm not what I have. I'm not what people say about. I am the beloved of God. It's who I am. No one can take it from me. I don't have to worry, I don't have to hurry, I can trust my friend Jesus and share his love with the world. If you believe it, say amen.

MESSAGE/PRAYER – BOBBY SCHULLER "You Don't Have to Hurry – Trust Jesus"

So if you come to church today and you feel as though you're very, very busy, always going from one thing to another. Perhaps you feel like in your life with all the work you do, you sometimes would say I feel a bit numb. Like it's hard to experience the normal pleasures of life. Maybe today you rushed and hurried on your way to church and so you've arrived just a little frazzled. Someone take your parking spot? No matter who you are, if you feel busy, hurried, rushed, worried, anxious, not enough sleep, going from one thing to another, God has a word for you today. And the word is this: you don't have to prove yourself to anyone. You are loved by God. You are loved by God. And there's nothing you can do, there's nothing you can achieve that will increase that, and there's no mistake you can make that will decrease that. God loves you, and that's very good news. Isn't it?

You don't need to hurry because you don't need to prove anything to anyone. Many of us oftentimes ruin the joy that we could have in our lives because we're impatient. Impatience is one the world's biggest happiness killers. We're constantly going, moving, moving, moving, and so because of that, few of us truly experience joy in our lives, and that's no good. We're going to have slow, great lives as disciples who will walk in God's easy rhythms of grace. Thought I'd just say it slowly. See?

So I want to begin by asking you this question. What comes to mind when you think of clocks? What do you think of when you think of clocks? How do you feel? Clocks drum up a number of weird emotions, especially on the type of clock it is. Stand up clocks that are antiques create very different feelings than the box clocks with digits in them. No matter who you are, though, it's likely that the image of a clock is a symbol of your life wasting away! It's one second closer to the grave. Many of us very much associate father time with the grim reaper himself. Clocks are a symbol of having to be productive and busy and to be somewhere and I just want to talk about that. Did you know the clock, the mechanical clock was originally invented by Benedictine monks to remind them to stop working and to stop and pray. Now up until then, there were many types of clocks: there were water clocks and sand clocks and sun dials and things like that. But the Benedictine monks believed that time was a sacred thing held in God's hands that could be life giving but also very dangerous, and so it had to be respected. And so their way of respecting time was to invent a mechanical clock that was exactly precise. And they called it a clock. It comes from the French word that means a bell so that these bells would ring. Church bells telling the monks stop. Stop working and pray. For them, time was meant to be valued, not to hurry, but to stop. And so the irony of the invention of the mechanical clock is that the monks wanted it to be a way in which people would remember to stop working and start praying seven times a day. By the 14th century, some German prince took this mechanical clock, put it on a tower and decided that if people could measure their productivity by time, well they would be a lot more productive and he was right. But what's the result of that?

There is an author named Louis Mumford who says the result of that is this – that clocks have moved us away from understanding the normal natural rhythms of the world, and have put us into a new illusion that all of existence is moment to moment. Like chapters of a book, we go from one thing to the next thing to the next thing, and they're all measured in increments of time. And so that view of moment to moment has diverted us from a true deep sense of sacredness for things like the sun and the seasons. They become less relative as everything becomes a measurement of time.

And he calls it this, he says, "The mechanical clock is a piece of power machinery whose product is seconds and minutes. We have gone from being time savers to being time servers." And I would argue that we have become time slavers. That we have become slaves to the clock and we feel it! We feel enslaved by this little box that seems to rule our lives. And for some reason, clocks keep getting uglier. It's like a reflection of how we view them. And even the measurement of time itself gets uglier. I pray that America never adopts the international military time. I never want to say to my wife, 'honey, its twenty-three-o-seven, it's time to go to bed.' There is something about clocks that gnaws at us because what it is is a reflection that time itself is a commodity being wasted.

So where is there time for rest? Well I have exactly one hour of rest. See that's what's happening in our bodies. And the clock truly is, I think, a gift from God but it's dangerous. It's dangerous if we don't rule over it. If it rules over us, and for many of us it does, it becomes dangerous, especially the alarm clock. Don't even get me started. How many of you, before you go to bed, you pull out your alarm clock and you do the math of exactly how much sleep I'm going to get tonight. I'm going to get seven hours and twenty four minutes of sleep, unless I hit the snooze button, then it'll be bumped up to seven hours and thirty.. never mind. My brother used to have this alarm clock that was like a voice of a fisherman: 'hey, hey, wake up.' It was like the shape of a reel. 'Wake up.' And this sound drove him crazy because he got so used to waking up to it as an alarm. I have the same thing. There is this thing that's an alarm and whenever I hear it, I used to use it as my alarm to wake up in the morning and now whenever I hear it, when people use it, it always makes me cringe. It sounds like this: (CELL PHONE RINGING) Anybody have that feeling?

So think about all those feelings, right? All these things that you think of that are related to alarm clocks and work clocks, all of these things are related to a way in which you're living life, and you don't have to feel that way about clocks. Clocks work for you. You don't work for clocks. Can we just say that? Can we say that out loud? Clocks work for you. You don't work for clocks. What if we believed that? Imagine how much happier we'd be, how much more loving we would be, and how much more in tune we would be with the natural easy yoke of Jesus, which is slow, which is compassionate, which is interruptible.

We are hurried. We are hurried when we drive. We're hurried when we eat. We're hurried when we pay and fumble our money at Starbucks because don't want the person behind us to have an extra ten seconds. We rush. How many times have you seen someone; I love it when I'm driving nice and slow and someone's like (WHOOSH) and then they stop at the stop light and I'm still moving, it turns green and I just go right by them.

We freak out when an internet page takes more than three seconds to load. And all of this we do with the idea that we're saving time, but we're not saving time, we're serving time, like in a prison. You are serving time and it's time to stop. Now you can be responsible. You ought to be on time, but this whole idea that my whole life is ruled by a clock, that I have to hurry, that I have to rush, that time is a commodity that needs to be saved, that needs to be served, it's over. Stop doing it. It's time to stop worrying and trust one simple thing that this life will end and it will end very quickly if you hurry through it and you will not savor it, or enjoy it, or live to your full calling if you are constantly worried and hurried. It's time to relax and enjoy your life, even when you work hard. We carry worry in our bodies. We wake up hurried, we go to bed hurried, we do our work hurried, and this is a feeling, it's an emotion that exists in our bodies and its ruining our joy and it's ruining our compassion, not only as Christians, but as people in general. The modern world is addicted to speed, and I don't mean the drug speed, I mean the drug speed. Speeding! I mean hurrying! I mean adrenaline. We are so driven, going, going, going, doing, doing, doing that we never stop and enjoy the very simple things which are the best things that God has given us. It's time to stop hurrying.

You cannot be hurried and be kind. You cannot be hurried and be happy. These are the two points I want to make today. First, you cannot be hurried and be kind or loving. I want to begin with Jesus, the ultimate example. Think about how interruptible Jesus was.

Almost every miracle story is someone interrupting Jesus when he's on his way to go somewhere. The leper shouts out 'Lord, have mercy on me!' and Jesus stops and walks all the way over to where the leper is and he heals him. The bleeding woman, you know, Jesus is on his way to, I think it was Jairus' daughter, and he's on his way to help this person, but a bleeding woman stops and is healed by him and he takes a moment and he talks to her. Almost every single person that was healed or helped by Jesus interrupted him. Do you know why? Because Jesus was relaxed. Jesus was relaxed. Jesus was not in a hurry. He knew he was a ceaseless spiritual being with an eternal destiny in God's good universe, just like you.

And he knew that if he hurried, he might miss out on the needs of people around him. He knew what you should know and that is you cannot be both in a hurry and be kind. If you're in a hurry and someone stops you and needs prayer, or needs a listening ear, even if you stop and meet with them but you feel hurry in your body, you're still not going to be at a place where you can truly be a representation of Christ to them. You cannot be in a hurry and be loving to others.

This is why 1st Corinthians, the first thing when it starts to describe love, what's the first word? Love is – patient! The dictionary term for patient is: able to accept or tolerate delays, problems or suffering without becoming annoyed or anxious. Are you patient? Are you patient? Are you able to tolerate problems, suffering or delays without becoming annoyed or anxious? If you can't do that, you can't be loving because love is patient. Love is unhurried. Love is present. Love is not regretting yesterday. Love is not thinking about the next thing. Love is not focusing on tomorrow. Love is not trying to use this moment to get something for myself or to get some kind of achievement or reach a goal. Love is simply being present and caring. Love is patient. Love is unhurried.

So many of us, our relationships are eroding because of hurry. We wonder why things aren't going well with our kids or our spouse or our parents or our colleagues or the people that used to be our friends. Very often it's because whenever you're with them, you're not really with them. You're hurried. You're thinking about getting to the next thing. You cannot be hurried and be loving at the same time. You have to be slow. You have to be relaxed and then loving people will be easy. It will be like eating chocolate cake, it's just easy, because you are relaxed. Amen?

That is why the second thing is true, that you also can't be hurried and be happy because if you're hurried all the time, your relationships will be suffering. Many of your relationships will be an illusion. You'll be tricking yourself into thinking everything is going great, and you're able to hide it because you're always in a hurry getting to the next thing. So if you are in a hurry all the time, your relationships are suffering because of it and you'll find very quickly that your relationships will improve if you can reduce the clutter in your life and become more present, and become an interruptible, loving, patient person.

So the second thing is that you cannot be hurried and be happy. Isn't that sad? But I've got so much to do. God did not clutter your life. God did not clutter your life.

There are times in our lives where we have a lot to do, and we're busy, but you know you can even work hard and do a lot, and even overwork without being hurried. You can be really effective at your job and you can actually work long hours and never be hurried, and you'll likely be more productive, even though that's not what we're looking for. What we're looking for is loving disciples who are unhurried and happy disciples. Impatience is the number one happiness killer, I think, in America and the west today. We're not willing to wait, to see the seeds that we've planted grow. We're not willing to wait and till them. We're not willing to wait and see what happens in a relationship. Impatience leads to so much unhappiness. And yet we find ourselves hurrying.

Now yes, there are times when we ought to hurry. There's one time when Jesus tells us to hurry. Do you know what it is? Do you remember? He says: "settle matters quickly with your adversary." That's the one thing he tells us to hurry is to settle things. Settle conflict. To hurry and bring peace. You know there are some legitimate times when you can hurry, okay? If you are being chased by a lion, hurry. All right? If you need to get out of a burning building, hurry! If someone needs you to rescue them, hurry. Heroes hurry but don't use that same adrenaline that you need to outrun a lion, to get out of a burning building or rescue someone from the water, don't use that to check your emails. Okay? Don't use adrenaline to somehow think that you're going to get through the five faster. You're not. You're just not. If you go slow in the right lane, or really fast in the left lane, you might get an extra fifteen seconds between here and there, which you're only going to use on your Facebook page. No reason to hurry.

Arch Hart is a psychologist at Fuller, where I went to school and he wrote a wonderful book called *Thrilled to Death* about anhedonia. Anhedonia is a medical condition that's reached all time highs in America and parts of the west. Anhedonia is not like depression. It's different than depression because anhedonia is a chemical imbalance in your brain which makes it impossible for you to experience pleasure. Anhedonia comes because of overstimulation. It comes because you're hurrying, because you're nailing your adrenal gland over and over with coffee, hurrying, stress and especially flashing screens.

And so many of us, we live through life constantly engaging this adrenal gland and that releases dopamine in our brain so that our body can't naturally release dopamine, that is the thing that makes us feel genuine pleasure when we're having a walk through the woods. So we do that kind of thing and we think this used to be great to me.

I used to love sitting with a cup of tea by the fire and reading *Pride and Prejudice*. I love doing that. Just kidding, I don't. I used to love these simple pleasures in life, and they don't bring pleasure like they used to. Well you might be anhedonic. You might be hurrying so much, checking emails so much, watching so much TV, listening to so much loud music, going from point A to point B in a hurry, always carrying hurry in your body, even when you sleep that your adrenal gland is so worn out that your body physically can't develop the chemicals any more that reflect pleasure in your soul. You've beat yourself up too much. You haven't cared for your body or your soul.

Anhedonia is the result of us, I think, trying to plow through the difficult experiences in life, and life is hard. But very often, it's like we get to these hard times in our lives, and we're just going to hurry through them. We're not going to listen to God. Nor will we walk with him. We will run through this so that we can get to the next party. We will not navigate slowly through the painful parts, the suffering in our lives; we won't dwell there because it's too painful. Instead, we'll just go watch TV or play video games or be in a hurry or get busy doing something else other than being present, even in our sufferings. And what that does is it causes your life to fly by in an instant. And it causes you to feel anhedonic, it causes you to be un-present, and it erodes your relationships and your happiness.

There's a fairy story called - I think it was Boy in the Silver Ball. I think it's Russian. I don't really know. But there's a story about this boy and the boy is very impatient and he's always hating his school and a fairy appears to him. And she gives him this ball that has a little golden string hanging from it, and she says 'here's this string, and this string is your life. And if you're ever at something in your life that you want to get through quickly, just pull on the string a little bit and you'll fast forward through that event magically.'

And so what he does is every time he has suffering in his life, he pulls the string and sometimes he pulls it harder. And within what feels like simply days, he's already an old man. And the poor boy goes to the fairy and he says 'I've ruined my whole life because I've rushed through all the suffering.' And she said 'if you could have one wish, what would you want?' He said 'I would wish that I could go back and suffer slowly. I wish I could go back and experience not just the good parts of life, but the bad parts, too, and not hurry through it, and not distract myself, and not always run to other things.'

And I would say to you, friends, that sometimes when we're going through the hardest things in our life that is when God shines the most. That is when we feel the love of our family and friends the most. Why would you hurry through something like that? Yes, it's painful, but some of the best things in life are painful. They come to us because they're painful sometimes. The character that's developed by not hurrying through the hard things in life, the character that forms in your soul will in the long run make you a more fulfilled, loving spiritually fruitful person. And God is with you. Even through those challenges, he's with you.

So all of this to say wherever you are in your life ruthlessly eliminate hurry from your life. Ruthlessly eliminate hurry from your life so that you can be a more loving and a happier person. It's what God wants for you. Jesus was relaxed. We should be relaxed.

I'll end on this last thought. The book of Hebrews, the author tells a story about the Jewish people, and he said that when they were going through the wilderness, they disobeyed God. And God's curse on them was this – they shall never enter my rest. The curse, the reward they missed out on said because I'm angry with them, they shall never enter my rest.

And then the author of Hebrews says in Hebrews chapter one, he says "The promise of entering God's rest still stands!" It's still available to us that this great reward that we can live in God's rest is a real thing. That you can work hard, that you can suffer, that you can still get up with an alarm clock and still go to bed late and still be at rest, centered. If you want to walk with God, you must walk with him at a walking pace. Can I get an amen? It is the truth.

And so I'll just end with this last thought. Jewish days don't begin at sunrise, they begin at sundown. Do you know why? So like the day begins when the sun goes down. Six pm. The idea is that you begin with rest. That your day begins with rest so that out of a restful place you live. In Christianity, Sunday is not the last day of the week - it's the first day of the week. Sunday is the first day so that you begin the week with a day off, a day to rest, a day to be with your family, and a day to worship so that you don't work and suffer for a whole week and then get this little reward called a weekend, right? But rather, Sunday becomes a time of preparing your soul in a place of holiness and rest so that when you leave Sunday's, you sort of carry it with you. That wherever you go, you experience God's Holy Spirit walking with you, speaking to you. You become interruptible. You become present.

You become the one that people feel like they can talk to because they know that you're not too busy to stop and just listen. What if we could all be like that? What if we could all eliminate hurry from our lives?

So I want to encourage you to do two things. One - I want you to employ an old monastic rule called stachio. Everybody say stachio. It's like pistachio without the pa. Stachio is the idea that when I'm supposed to be somewhere, I'm going to get there early so I can pray first. So if you have a meeting at six try and get there at five-fifty. But I'll lose ten minutes. See isn't that how we think? Get rid of that, please. Get there at five-fifty, and if you're there at five-fifty, and you may not be, take ten minutes to prepare your heart for the person you're about to meet. How different would your life be if every time you had a meeting with a loved one, or a colleague, or a client, if you got there early and you sat in your car for ten minutes and you invited the Holy Spirit to be in this event you're about to have. Imagine how different every experience would be. We'd enter in more receptive, you'd be more listening, you'd be less angry, and you know what? You'd be smarter. You'd go in with many more tools to succeed in whatever it is you want to do.

So first, think about employing stachio into the rhythms of your life. Second, I want you to do this. When you're driving, when you stop, I want you to really stop. Bill Gaultierre does this. Sometimes when he stops at a stoplight, he stops full on and he says, 'Lord, thank you for stopping me. Lord, thank you for stopping me.' What a great prayer that is. Isn't that great? The idea that Lord, no matter where I'm going, no matter what I need to do, no matter what I need to achieve, I'm interruptible by you. Speak to me, use me, I'm listening.

All right, friends. Let's pray: Father, we invite your Holy Spirit to interrupt us whenever you must. I pray, God that you would form in us the idea that we no longer need to hurry, we don't need to worry, we can trust you with our lives and share your love with the world. Lord, we don't want to be like the kid who pulls the string on the ball. We don't want to get to the end of our lives and say it went by so fast because I was always so hurried. Lord, with whatever time we have left, we give it to you, slowly. Slowly. Build patience into our heart. And help us to be unhurried and present with you and with the people who love us, in Jesus' name we pray, amen.

BENEDICTION - BS

BS: Thank you so much for being here today. We believe that God will bless you on your way out, that you'll carry with you a deep sense of his spirit and that you'll go into this week rested, recharged, renewed, and ready to take on a new week for God. Are you ready?

Then the Lord bless you and keep you. The Lord make his face to shine upon you and be gracious to you. The Lord lift his countenance upon you and give you his peace in the name of the Father, and of the Son, and of the Holy Spirit, amen.