



MONDAYS

with Mike

The elimination of "hurry"

As we settle into the "in-between" space between Thanksgiving and Christmas/Hanukkah, it is easy to succumb to the rapid pace of "doing". We are almost pulled into the vortex of the "hurry up and get it done" mindset. It is in this time that we need the message from author JM Comer in his book *The Relentless Elimination of Hurry*. Comer provides a systematic process for eliminating hurry, which includes Silence and Solitude, Sabbath, Simplicity, and Slowing.

Comer argues that our culture is obsessed with the accumulation of more, which leads to clutter in our lives. He suggests that we can create space in our lives by rejecting messaging, clutter, and the harried pace that comes with the endless accumulation of "more". Slowing down involves taking time to be present, to be mindful, and to be grateful. Additionally, it means taking time to rest, reflect, and to connect with others.

Let's quickly break down the four parts of his process:

Silence and Solitude. Do we take time each day to unplug from our "feeds" and the chatter of life's narrative? Try sitting quietly for 5 minutes each day and do nothing - absolutely nothing. It is harder than you think, but powerfully important for us to recharge.

Sabbath. Do we work hard at wants vs. needs? We do not need all that we think we do! What is our "enough"?

Simplicity. Less is more. Do we look at the clutter in our lives and remove tasks, feeds, "the chase" of one more thing to be completed?

Slowing. Can we read the right signs during the day and travel at the right speeds? Let's be present with those who need us the most and mindful of the contributions we can make to their lives. Slowing is actually a gift to those that we love the most.

So, as we turn the calendar to December, let's have a relentless pursuit of narrowing our focus down to what truly matters. In this season of gift-giving, this is the greatest gift of all!

Have a great week, one that is relentless in the elimination of the hurry in our lives!