

LEAD WELL

BOOK REVIEW

Ruthless Elimination of Hurry

John Mark Comer

KEY PRINCIPLE

Are you skimming your life or actually living your life? Are you pathologically busy?
People are too busy to live emotionally healthy and spiritually rich lives.
Hurry and Love are incompatible.

APPLICATION

Comer discusses how the over busy, hurried life of speed is the new normal in the Western world and how it is toxic.

Hurry kills: relationships, joy, gratitude, appreciation, wisdom, spirituality, health, marriage, family, thoughtful work, creativity and generosity to name a few.

Margin is the space between our load and our limits. For many of us there is no space between our loads and limits. We are not at 80% with room to breathe - we are 100% all the time. It is hard to be present. Comer mentions that 77% say that when nothing is occupying their attention, the first thing I do is reach for my phone. There seems to be a cancerous restlessness that seems to have inflicted so many. An inability to sit in quiet and calm.

Comer challenges readers to consider the discipline of Sabbath. He defines sabbath as a governor on the speed of life. Comer applies this sabbath principle to the Christian faith - yet it can be applied to people in all walks of life.

Sabbath is not the same as taking the day off - it is for true rest. True restfulness is a form of awareness, a way of being in life. It is living an ordinary life with a sense of ease, gratitude, appreciation, peace and prayer. Comer shares that sabbath allows his soul to catch up to his body. His soul - the deep part of him - felt like it got beat up and drowned out by meetings, email, social media, relational conflict, and the difficulty of life. During sabbath his soul comes back to the surface of his heart to heal, rest, and reflect.

Additional discussion includes ways to live a simpler life and resist hurry.

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