

## A 60-day plan of transformation into Christlikeness

### Day #16: The Spiritual/Psychological Disease of Hurriedness

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<http://www.fbcweb.org/Doctrines/day-16.pdf>

#### A. SOLITUDE WITH GOD.

1. Get away from all technological noise (TV, smartphone, radio) for at least 30 minutes. You need quiet and uninterrupted time between you and the LORD. During this time focus on the love and faithfulness of God and His desire for you to be closer to Him.
2. In your journal, draw a line down the middle of the page and on one side write down all your virtues and on the other side write down all of your vices. On the virtue side, write down all those good qualities in you that the LORD has developed in your life as a Christian: e.g., love for God, His Word, fellow believers, your family members, your neighbors. On the vice side, write down all of those sins that you struggle with: e.g., self-absorption, willfulness, unloving and unforgiving to those who have hurt you, doubt, fear, dissatisfaction with the parts of God's plan, inordinate desire to please others, weakness against addictions (e.g., food, sense pleasures, approbation, workaholic, sexual fantasies). Go to God and ask Him to displace the vices with virtues, e.g., to displace self-absorption with love for others, unforgiveness with a forgiving attitude, willfulness with submission and humility, sexual fantasies with pure thoughts toward others as image-bearers of God.
3. Now that you asked God for strength, follow up the prayer with a determination to put to death those vices as per the mandate in Colossians 3:5, "*Therefore put to death your members which are on the earth: fornication, uncleanness, passion, evil desire, and covetousness, which is idolatry.*" Satan and the world will try to tell you, that you will never change. God says you can change. Moreover, He says His plan for you is to form Christ in you: Galatians 4:19, "*My little children, for whom I labor in birth again until Christ is formed in you (ἄχρι οὗ μορφωθῆι χριστὸς ἐν ὑμῖν).*" Both Christ and the Holy Spirit are here to transform you into His Christlikeness—a likeness that is not dominated by any sin.
4. This 30-minute period is the most important time of your day. It is likely the only time where you will not be pressed with responsibilities, with people wanting you to do something for them, and with your mind fragmented into a thousand directions. Jesus Christ was involved in the most important work on Earth, and yet He made time to get away with God: Luke 5:15, "*However, the report went around concerning Him all the more; and great multitudes came together to hear, and to be healed by Him of their infirmities.*"<sup>16</sup> *So He Himself often withdrew into the wilderness and prayed.*" Again, Jesus Christ was given the most important work in the history of the human race and He needed to get away alone with God. I doubt that you would dare claim that your responsibilities for the rest of today are more important than Christ's ministry. If you do

not take this time, do not be surprised if your spiritual life is weak and you do not change much. If Christ needed it, how much more do we?

## **B. THE SPIRITUAL DISEASE OF HURRIEDNESS: Hurry sickness.**

1. The psychological and spiritual disease of hurriedness is ubiquitous in our rushed American society. It was not that long ago when one all one had to do was get up and turn off the TV for silence. No longer. Now we have smartphones and other gadgets constantly vying for our attention. This has led to what I call the disease of hurriedness, and it has a profound effect on the quality of life with God, within ourselves, and with others.
2. Description of hurry sickness: The soul that is characterized by a continuing struggle to attempt to achieve more and more things or participate in more and more events in less and less time. It is a vice.
3. Symptoms of the disease of hurriedness. Disclaimer: I suffer from this disease sometimes.
  - a. You are unable to spend 30 minutes of quiet and solitude time with the Lord without feeling rushed, thinking about what you need to do, or looking at the clock. You rush through everything, including quiet time. You can't stand just being still and reflecting on God without feeling rushed to take care of something.
  - b. You live a hectic, hurried, frenetic life. There is not being busy. Jesus was very busy, but He did not live a frenetic life of hurriedness. There is always much to do, but the issue is how we do it. Jesus had much to do, but He did not live a hurried life.
  - c. You live in anxiety. You are haunted by the fear that you do not have the time do what needs to be done. This results in doing everything fast, reading faster, driving faster, talking faster, eating faster, etc.
  - d. You can't stand waiting in a long line at the grocery store or at a long red light. You immediately become anxious when you have to wait. If you can't handle this "test," how are you going to handle major difficulties that require far more patience?
  - e. You constantly multitask. You don't just drive, you eat and drive, you conduct business while you drive, you conduct business while you are having conversations with a friend.
  - f. You feel guilty because of all the projects that remain unfinished.
  - g. Your love for others is not as rich as it should be. Hurry sickness diminishes capacity for loving others. You do not have time for people and when you do

make time, you are so hurried that you do not have time to connect. Love and hurry are fundamentally incompatible. Love takes time and time is one thing that hurried people don't have.

- h. You are a poor listener. You are too rushed to take the time to really connect with what a person is trying to tell you.
  - i. When you are done for the day, you have nothing left for those who love you the most: family, spouse, church family.
4. Solutions to the disease of hurriedness.
- a. Start each day with unrushed 30 minutes of solitude with God.
  - b. Continue in the transformative yoke of Jesus Christ. He will change you from being an impatient person to one who is able to enjoy every minute with a calm and unhurried spirit.
  - c. Trust God. A great deal of hurriedness is simply a matter of anxiety of the flesh.
  - d. Embrace delays: choose a long line at the grocery store and spend that time praying for your family and neighbors or extending greetings or conversation with those around you.
  - e. Submit your life along with all circumstances to Him. God does not want you to live a rushed superficial life.
  - f. Enjoy life-with-God in the present.

### **C. SCRIPTURE MEMORY (Put on godly emotions and patience)**

**Colossians 3:12** Therefore, as *the* elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering;

### **E. The 60-day transformation of the mind, heart, and emotions into Christlikeness**

- Day 1 – A life that lacks nothing (Psalm 23), <http://www.fbcweb.org/Doctrines/day-1.pdf>
- Day 2 - Satan, the enemy (1 John 2:15-16), <http://www.fbcweb.org/Doctrines/day-2.pdf>
- Day 3 – Review, reflect, journaling, and Psalm 19, <http://www.fbcweb.org/Doctrines/day-3.pdf>
- Day 4 – The six areas of inner transformation, <http://www.fbcweb.org/Doctrines/day-4.pdf>
- Day 5 – The Word of God, Joshua 1:8; Psalm 1, <http://www.fbcweb.org/Doctrines/day-5.pdf>
- Day 6 – 2 warnings & promise of transformation, <http://www.fbcweb.org/Doctrines/day-6.pdf>
- Day 7 - Solitude, Disciplines, Transformation, <http://www.fbcweb.org/Doctrines/day-7.pdf>
- Day 8–VIM (Vision-Intent-Means) & transformation, <http://www.fbcweb.org/Doctrines/day-8.pdf>
- Day 9–Solitude with God and Christ's transformative yoke, <http://www.fbcweb.org/Doctrines/day-9.pdf>
- Day 10– Discipleship-1, <http://www.fbcweb.org/Doctrines/day-10.pdf>
- Day 11– Discipleship-2, <http://www.fbcweb.org/Doctrines/day-11.pdf>

Day 12– The Life-giving Power of the Holy Spirit, <http://www.fbcweb.org/Doctrines/day-12.pdf>

Day 13– The Spirit vs. the Flesh (Part 1), <http://www.fbcweb.org/Doctrines/day-13.pdf>

Day 14– The Spirit vs. the Flesh (Part 2), <http://www.fbcweb.org/Doctrines/day-14.pdf>

Day 15– The Spiritual Disciplines, <http://www.fbcweb.org/Doctrines/day-15.pdf>

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*Disciplining under the discipleship of Jesus Christ,  
Pastor Don*