

County-Wide Chaplaincy

Thanks you!

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Slow Down

When I think back about two years ago when the whole COVID shut down hit, I remember that feeling of having so much more time. The many things that normally filled our days were put on hold to a large degree and there was space in our days that we hadn't had. For many of us, we had to force ourselves to slow down and enjoy the new space we had. Recently however, I sense that we have re-entered our frenzied lives and to me it seems people are even in more of a hurry than ever before! Once again we are in that place where many people are sleep deprived and anxious and overwhelmed with life.

This realization brought to my mind a little book that was given to me by a friend many years ago. It is titled, "Slow-down Therapy" by Linus Mundy. This little book is full of gems of wisdom and insight and I thought I would share a few with you. First is an excerpt from the forward:

"In a hurry? Of course you are. Here in the Western world, we put a high value on efficiency, action, speed, and results. Those who do, do. And those who don't? They sometimes get trampled. It doesn't have to be that way. We can beat the system before it beats us to a frazzle."

If that has gotten your attention, I will share a few more nuggets with you:

- "Slow down; God is still in heaven. You are not responsible for doing it all- -yourself- - right now"
- "Take nothing for granted: watch water flow, the corn grow, the leaves blow, your neighbor mow"
- "Notice the sun and the moon as they rise and set. They are remarkable for their steady pattern of movement, not their speed"
- "Quit planning how you are going to use what you know, learn or possess. God's gifts just are; be grateful and their purpose will be clear."
- "Allow yourself to be lazy and unproductive. Rest isn't a luxury, it's a necessity"
- "Rest on your laurels. They bring comfort whatever their size, age, or condition"
- "Direct your life with purposeful choices, not with speed and efficiency. The best musician is one who plays with expression and meaning, not the one who finishes first"

- “When things are in chaos and you are in a frenzy, ask yourself: ‘What is right about now?’ Chances are you already know what is wrong.”

As we continue to live out our lives in this fast paced world and we seek to keep our focus on what is truly important, I am reminded of what Jesus said in Matthew 11.

“Come to Me, all who are weary and heavy-laden, and I will give you rest. Join with Me and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For, working with Me is pleasant, and My burden is light.”

(^{ALW} Matthew 11:28-30)

Rest in Him, friends!

And in closing one last gem from the book:

“Count your blessings- -one at a time and slowly”

Jan Richards

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