

A photograph of four young people (two women and two men) smiling and looking towards the camera. They are dressed in winter clothing, including hats and sweaters. The background is a snowy, outdoor setting. The image has a blue and purple color cast.

Series: Spiritual Disciplines for after Lent
Sermon: The Practice of Slowing Down



Carl Jung wrote, "Hurry is not of the devil; hurry is the devil."

One of the great illusions of our day is that hurrying will buy us more time.

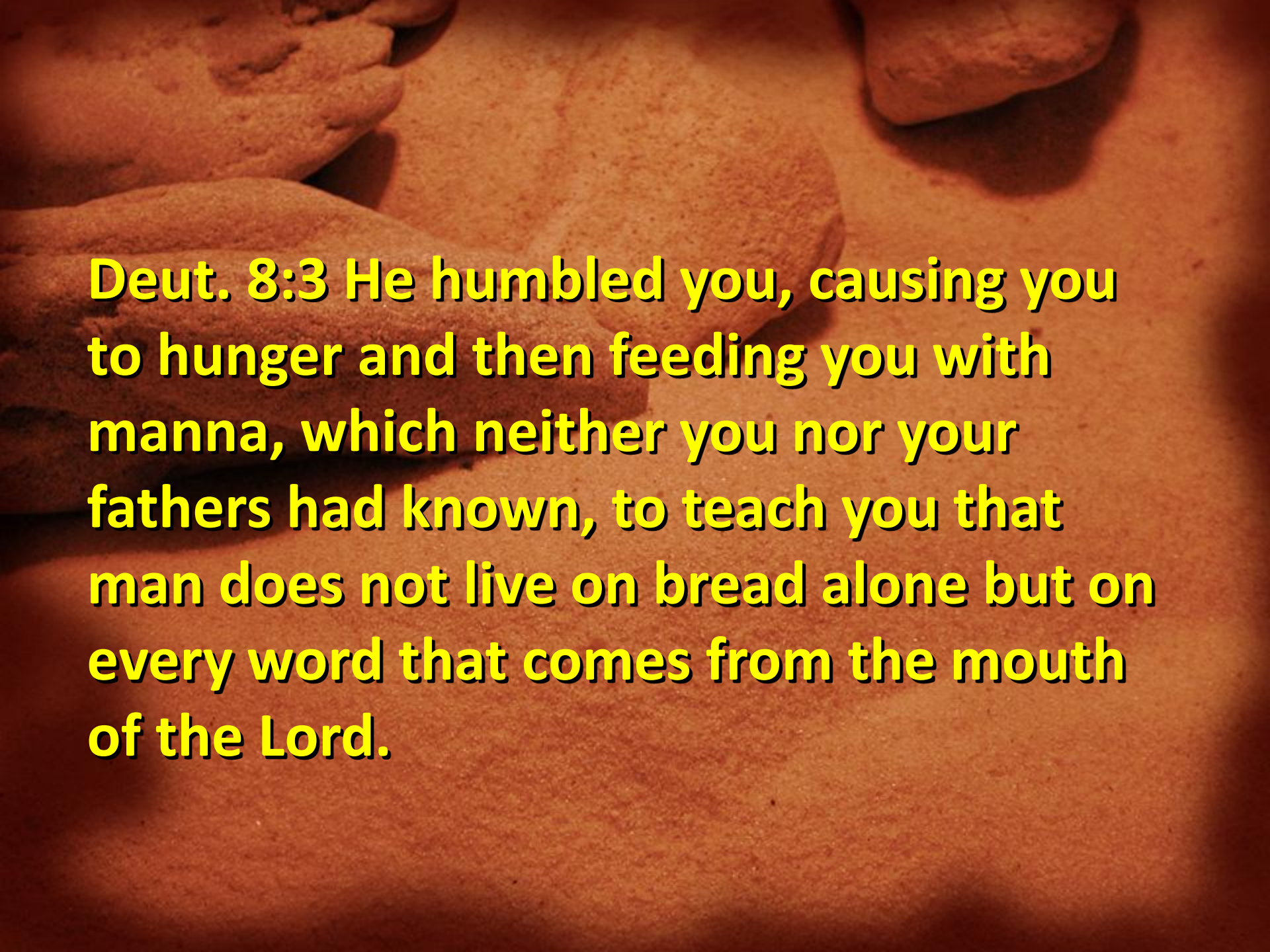


“Now here, you see, it takes all the running you can do, to keep in the same place. If you want to get somewhere else, you must run at least twice as fast as that!”



Matthew 4:1-11 Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished. The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, 'One does not live by bread alone, but by every word that comes from the mouth of God.' " Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down; for it is written, 'He will command his angels concerning you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.' "

Jesus said to him, "Again it is written, 'Do not put the Lord your God to the test.' " Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor; and he said to him, "All these I will give you, if you will fall down and worship me." Jesus said to him, "Away with you, Satan! for it is written, 'Worship the Lord your God, and serve only him.' " Then the devil left him, and suddenly angels came and waited on him.

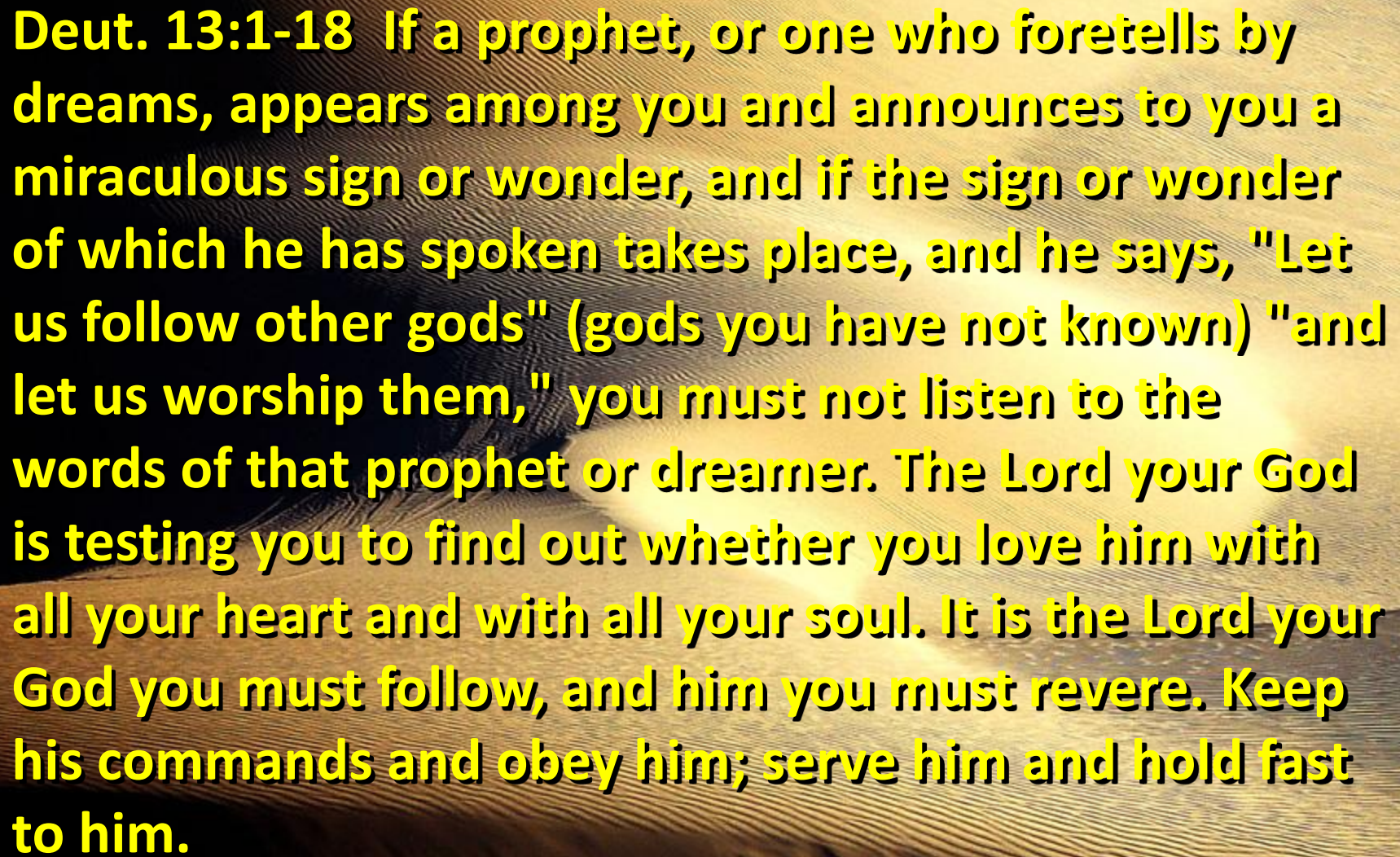


Deut. 8:3 He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your fathers had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the Lord.

The background of the image is a close-up photograph of parched, cracked earth. The soil is a light brown or tan color, and the cracks are deep and irregular, forming a network across the surface. The lighting is bright, creating strong shadows in the crevices of the cracks.

Deut. 6:16

**Do not test the Lord your
God as you did at
Massah.**



Deut. 13:1-18 If a prophet, or one who foretells by dreams, appears among you and announces to you a miraculous sign or wonder, and if the sign or wonder of which he has spoken takes place, and he says, "Let us follow other gods" (gods you have not known) "and let us worship them," you must not listen to the words of that prophet or dreamer. The Lord your God is testing you to find out whether you love him with all your heart and with all your soul. It is the Lord your God you must follow, and him you must revere. Keep his commands and obey him; serve him and hold fast to him.

