

## An Unhurried Life with Alan Fadling

### Season 2 episode 010

#### Opening

**Josh Yates:** Welcome friends to Sonlife Everyday Disciple Makers podcasts and Wayne is great to have you join me again on this episode.

**Wayne Wrz:** Josh. It is almost always a joy to see you.

**Josh Yates:** Oh, yes. Almost a joy, but actually today's podcast is a great joy because we have Alan Fadling. He was our guest speaker and our 2020 D conference. And his books, the Unhurried Life, following Jesus rhythm of work and rest and unhurried leader, the lasting fruit of daily influence have, have been actually two books that have really helped me in terms of my leadership.

And I read those a number of years ago and have re-read them a number of times, actually, it's probably one of my favorite top leadership books.

But before we get going, I want to pause and take a look at what we've been doing with our team this season for the next number of months, we are looking at the Jesus Story by Bill Perkins. And you can listen to that, that podcast that we had an interview with him talking about what it really means to engage with the real Jesus.

And spending time every day, looking at Jesus and some lessons that we're learning questions you might have. And so I thought I'd be fun today, Wayne, just to spend some time talking through some Jesus story insights and things we're learning and studying.

**Wayne Wrz:** Yeah, it's it's been, it's been a cool experience. There's there's some things I wrestled with every time it feels like maybe something in this blended gospel, like the order doesn't quite fit. With the Jesus story. One of

the things that makes it readable, it's no verses, no chapter numbers no , which gospel that came from.

But, but every time I've thought, man, that feels weird. It's actually just been that Just been sections of scripture that I'm used to studying kind of by themselves. And it actually, I go to end up, you know, I Google the line and I ended up in Luke and I read it and I was like, oh, that's exactly what it said there.

So just being able to read it, kind of in that fresh way, where, where it really flows as just one narrative is just one story. I liked. But there's also a part of me, like it's really hard. Cause I, I want to know which gospel it came from when, when he said it and how he said it. And how many gospels is that part in, but it's been a really cool experience so far.

**Josh Yates:** Yeah. I think we're conditioned, right? When we read scripture, as we're reading a line by line, we're looking, we're studying it, but this is a different approach in some regards to just looking at it from what did Jesus do and falling in love with a person. And the work of Jesus. And so in that regards, I love it because it's unvarnished.

It does have all the other pieces too. Is that the simplicity of it? I think yeah, you hear it differently. And so what are some things that you've been, you've been, you've been reading that has been some insights that you're wrestling through.

**Wayne Wrz:** Over the last week was reading where, where religious leaders Pharisees were questioning Jesus, trying to trap him. And then this paragraph has said. No one could answer him. And from then on no one dared to ask him another question at the large crowd of ordinary people listened to him, eagerly.

And you know, just that, that reminder that like, I don't, I don't need to be someone special. I don't need to know everything. I don't need to have the largest ministry. But just, just to be an ordinary person who listens to Jesus, who, who eagerly listens to, to what the Father is calling me to and to really

place my value in that and be like, well, how, how can I listen to Jesus today?

**Josh Yates:** I love that. It's a, it's a great approach. How can we just be ordinary followers and not coming in and if you will, our, title coming in to what we already know, but coming in assuming, Hey, I just want to listen, eagerly listening. I think that's a posture of leaning forward and saying, what do you have for me today?

And in hearing it for maybe again for the first time as I was reading through it, one of the things that struck me is the story when there's these crowds and they're pressing in and in, Jesus says mother and his brothers stood outside. And so they came to him and says, Hey, your mother and your brothers are standing outside.

One is speak to you. And Jesus replies to them, says, well, who is my mother? And who are my brothers? And I just kind of paused. And I thought that is just if I was his brother, if I was, you know, his family, how, how would I be feeling right.

now that feel like a sense of kind of rejection that particular from a middle Eastern perspective and to be rejected by your family was such a huge sense of shame.

And Jesus is saying, Hey, you know, those who are my, my mother and my brothers are those we hear, you know, God's word and put it into practice. And so against hearing God's, we're putting into practice. We don't see Jesus taking his family out. You don't see him all sudden rejecting his mercy, his mother right there at the very end and the genuine care for his mom.

But I, I was just, processing. What's it really mean to to be a follower of Jesus, to be considered his own kin to be a part of his larger family, so to speak and be willing to actually take Jesus out of his words and put into practice

**Wayne Wrz:** yeah. So just seeing that, that great value in, in listening and, and doing what Jesus has called us to I really love. Like I said, I love

breaking up the routine of reading scripture with, with something that, that reads more like a story, and I've really been enjoying that.

So today we have our session from D con 2020 with Alan Fadling on unhurried living.

## **Alan's session from D•Con 2020**

**Alan Fadling:** Good morning friends. It is such a pleasure to spend a little bit of time.

When my boys were little, I would often greet them with some familiar words of scripture, which go, this is the day the Lord has made and they would answer, let us rejoice and be glad in it. This day, it's already begun. It's already rolling, but this is a day handmade by an artist.

And you and your life, you are a work of art that God is making. A number of years ago, I wrote a book and Unhurried Life, and if you read it, you'd read the first line that sounds like this. I'm a recovering speed addict. I'm not talking about a drug. I'm talking about my soul. Can anyone else identify with hurry that revs here when your heart feels like a hamster wheel a little bit. I use the language of addiction not to make light of my friends who are recovering alcoholics or recovering drug addicts.

I use the language of addiction because it describes as best I know how the nature of the wrestling that I did to be in recovery from this inner hurry.

It's a habit.

In a sense, you could say, I grew up in a family where I was disciplined in the ways of hurry. Sometimes it took the flavor of anxiety.

That's one form hurry, takes in our soul. In another way, it took the form of a deep craving for the recognition of other people. So I performed

academically and I performed musically and I everywhere. Everything was a contest for me and I had to win it. Because if I did, then somebody would say, oh, Allen, you're good.

That revved me up inside. I then became a Christian a little over 40 years. I wouldn't say I became a disciple right away. I didn't know what that meant. I know I believed some things. I liked the things I believed. They were took about 10 years when God brought a man into my life, his name was Chuck and he reintroduced me to Jesus.

And I began to realize the great privilege that discipleship is. It's not a should, it's the best opportunity. There is. There is not a better life available to us than to make ourselves students of an absolute master. He came that we might have life, anybody know what kind of life he came to give us.

Right.

Abundant, lots of it. More than I can hold. When I'm in a hurry, I run past a lot of the life Jesus is trying to give me, grabbing for the life I think is somewhere else to acquire. Life is here. Life is now because Jesus is here and Jesus is now. You have only one moment you can live. It's not the moment later today when you're checking email or having a conversation or being in one of the workshops, the only moment you have is here and now.

So when I talk about hurry and unhurried, I get to do this quite a bit with groups of leaders like you. And I find that leaders begin to get nervous when they hear me talking about unhurried life. And I think they look at me and think you must not get very much done unhurried life. Why don't you try entering the real world? Well, if by real world, you mean the frantic anxious driven place in which we are living our lives.

You can enter the real world if you'd like. I think there's a capital R real world that Jesus is inviting us to, it's called the kingdom of God. It's among us, because Jesus is among us. And he is wanting very much to me, mentor us, train us, show us how to live our lives as though the kingdom we're home for our souls and for our relationships.

But when it comes to hurry. I dunno if you can identify, but you know, I'm the guy who'll go into a grocery store and I got my full card and I'm coming to check out and I'm scanning the 10 checkout line and I am watching the carts. And how full are the carts? And who's standing behind the carts and I'm trying to do mental calculus for line is going to save me 37 seconds.

It doesn't sound like anyone else has that struggle, just me. I began to think that maybe being engrossed in the saving of 37 seconds, wasn't the best life for me. I began to wonder what I was going to do with 37 seconds saved that was going to so change the world. And in trying to save the 37 seconds, I was completely oblivious to what God might want to do in and through me as I walked through a checkout line at a grocery store.

My hurry runs me past my actual life now. That's what it does. Hurry makes me think the main thing is somewhere else in some when else, but my life is now and my relationships are now in my work is now. I find that very inviting. I think Jesus is an absolute genius at life at living well.

I think this is what he came to show us. I love being a follower of Jesus. I learn from Jesus things every day. That refresh me, challenged me, encouraged me, energize me. Give me more, hope more joy, more peace. So when I talk about an unhurried life, I'm not mostly talking about your calendar or even your to-do list.

Really. I'm talking about your soul and mine. Is this becoming an unhurried place? There were a couple of seeds that were planted in me that eventually gave birth to this first book and unhurried life. And the first was a fairly well known sentence that Dallas Willard spoke to John Ortberg. He writes about it in his book. The life you've always wanted.

You've probably heard this sentence before John was joining the staff of a large Chicago area church, and he called his mentor Dallas to say, do you have any counselors? And Dallas thought for a moment and said, I do, you must ruthlessly eliminate hurry from your life.

And then John tells the story and he wrote that in his journal. Hey, that's a good one. Dallas, what else do you have for me?

And after a little bit of quiet, Dallas said, no, that that's good. That's it do that? And you'll be okay. Shortly after that, one of my friends was having a conversation with Dallas. Dallas asked a question. He said, if you had only one word to describe Jesus, what word might you choose? Well, you can imagine a number of candidates, can't you.

Loving, compassionate. You can think of all kinds of qualities that would make sense. Lord savior king. Prince. I mean, all kinds of words could come. And after a little bit of conversation, Della said, I've been thinking that if I had only one word to describe Jesus, the word I might choose is relaxed.

Was that on your top 10 list of options? It was not on mine. In fact, my first reaction to that word was very negative. I had this mental image. Of Jesus in a recliner with the you know, remote watching ESPN or something. What are you talking about? That sounds crazy. How could that be a good word to describe Jesus?

In fact, it's so caught, it caused so much struggling me that I went away for a three-day retreat and all I did other than eating and sleeping was just read the gospels over and over and over again. I was asking, one question is Jesus relaxed. And the question that kind of came underneath it was, and is that a good thing. That shows you something about me?

That if Jesus was relaxed, I w I wanted to make sure it was kosher and I wasn't even sure if Jesus was, it was going to be okay. It just didn't sound like he cared enough about life or something. You have to understand I grew up in a family where there was an implicit equip. Worry equals love. If you're really frantically, anxiously worry about something or someone that means you care.

Darn it. Except have you ever been the person being frantically anxiously worried about, did that feel like care? It didn't for me. I've come to think that

maybe in terms of this language of unhurry. maybe a better equation is something like this worry actually equals caring minus God.

It's a way of being concerned with little sense that there is a good shepherd, profoundly engaged in this thing that concerns us.

So an unhurried life. And so this retreat where I just read the gospels over and over, this was in many ways, sort of the substance of that first book *An Unhurried Life*. Yeah. I just began to see, this is a genius word to describe Jesus. Jesus is unhurried enough so that he has time for everything that matters.

Jesus always has time for people. Think of how many times did the gospels he stops when the disciples want to keep going. They've got this agenda in mind, this great plan they'd made they're on their way to the city or whatever it is. And they've got a program and darn it, it's got to go the way we planned it. And Jesus stops.

Why does he do this? Because he knows the people. Or what matter. And so his plan, he holds loosely so that if the Father wants to invite him to care for a person on the way that wasn't in the agenda, wasn't in the plan, Jesus is quick to stop. See when I'm in a hurry in here, I begin to feel like my life is full of things I have to manage, and it feels exhausting.

When I slowed down in here a little bit, I began to realize actually my life is full of God and full of people I get to love. That is a very different orientation. I began to find that incredibly energizing. In fact, whenever I feel stuck or overwhelmed by my life or my work. One of the things I will often do is I will stop and start saying, thank you for the people that I get to be with alongside me. Those I get to serve.

Anytime I'm feeling overwhelmed by my life, I will stop. And I will say, thank you for the people when I'm stuck preparing a message. And I don't know where to go. You know what I'll do. I'll start praying and saying, thank you for the people. I think I'll be sharing this message with, and it always gets me unstuck.



It's just a way of being slower in the way I do what I do. An unhurried life. And so what I've come to believe in, in what I'm already enjoying, as I listened to some of the stories that are being shared about how it is our becoming disciples. That becomes the fruitful soil for the making of disciples. I sometimes say to leaders, you know, in many ways the greatest resource you have as a leader of influence, you know what that is, it's your own life being transformed by Jesus that is far more potent and far more powerful.

Than reading another book. Hey, I wrote some books. I hope you'll read them. Of course any author would. But your life being transformed by Jesus is a potent resource that insight 30 years ago is what began to change my life and my ministry for the first 10 years of my ministry. I was largely a person who saw ministry as me standing in front of a group of people saying important things.

And their job was to sit in chairs and listen to me say these very important things, the end .How many disciples do you think were made with that wonderful strategy? Mostly they were made by chance. And then about 10 years later, thanks to a mentor who began to reintroduce me to Jesus in the ways of Jesus.

I began to live. I began to live my life alongside the people. They weren't just in the chairs. And I wasn't just up on stage. We were living life together. Sometimes our leadership team meetings would look like this two hours, 30 minutes. We just share a little bit in scripture. One hour, we'd go out on our church property to pray for the, for the, in this case, there was a college ministry.

Listen for God's heart. And then come back together for the last few minutes to just talk with each other about what God had been saying to us. From that college group, now 30 years ago, I could tell you, man, and woman, men, and women all over this country who are continuing to live this way of Jesus.

There's David in Colorado Springs. There's Mark up in Seattle. There's Chris, just north of me in LA. We're still friends. They are men and women of

influence. There's Barbara and Phoenix area. We started walking with Jesus together 30 years ago.

One of my greatest joys is to watch them continue this life. So an unhurried life again, I just want to say, don't hear in this language of hurry, unhurry. that I'm saying you need to cut your calendar in half or chop your to-do list in half. One of the things that I think is important to realize is there's actually a difference between busy and hurry.

See busy Jesus often had very busy days. Can you think of some of those days were from, it says from the beginning as the sun rose all the way until well, after dark people just kept coming with their needs, right? You think of days where Jesus was very busy, Luke five 15 is a verse that describes one of those sorts of days.

And then the very next verse says, but Jesus often withdrew to lonely places to pray. Right in the midst of the busy Jesus had time to be in the presence of the Lord.

So this moment, I want to just take a little break. I want to step back for just a second. And I want to walk you through just a little practice. It's nothing super strange, or there's a verse in the Psalms. You know it by heart, I guarantee you Psalm 23. First one starts off with the little phrase, what?

Right. So I'm looking at a room full of shepherds. And in my work, I get to come alongside a lot of men and women who have ministries as shepherds. They care for people they're seeking to guide a community of people. You are shepherds. And one of the great needs I see when I come alongside my brothers and sisters in those kinds of shepherd roles is the need to be shepherded.

Sometimes shepherds are in such a hurry to shepherd the sheep under their care, something that we have been entrusted with that we forget we have a Good Shepherd, not just good, like morally good. I mean, he's good. He is good at shepherding. Would you like to learn how to be a better shepherd? You could read a book that might help you.

That will tell you you yourself have a very good shepherd. So what I would like to take a moment to do, and I hope you'll join me in this. I'd like to just take a moment and walk through those words. The Lord is my shepherd and sort of a very simple little guided prayer. Would you be willing to join me in that?

And if in praying, closing your eyes helps you do that. If you prefer to leave your eyes open, that's just fine. But I'm going to take these words. The Lord is my shepherd and just walk us through it. So it would begin.

The first words are the Lord.

The Lord.

The Lord who described himself to Moses and said of himself, I'm the Lord, the Lord, the compassionate and gracious God.

Abounding in love and faithfulness. Maintaining love to thousands. Forgiving wickedness rebellion, sin the Lord. This is who we are in the presence of, the Lord.

And the David's prayer continues. The Lord is. It doesn't say the Lord was, he was. It doesn't say the Lord will be though. Of course he will. The Lord is here now. The Lord is, among us. Just come through a season where we remember Emmanuel God with us, the Lord is.

.So we let ourselves be still. And remember that the Lord is.

And then again, David's prayer continues. The Lord is my.

This is personal.

It's not just the Lord is thus thus shepherd, like a general fact about God, but there where you are seated, at your table in this room on this day, you can say with confidence, the Lord is my. The Lord is very interested in your life, your opportunities, your challenges, your concerns, your dreams.

The Lord is my. And then of course, to complete the phrase, the Lord is my shepherd.

How is the Lord wanting to shepherd you right now in your life? Are you feeling need of guidance? You couldn't have a better guide. Are you feeling need of peace in a place of worry? Well, he's an absolute prince of peace. Is your heart heavy, and do you need joy? Well, this shepherd says I came that my joy might be in you and that yours enjoy might be complete, full.

How are you needing Jesus to be a good shepherd in your life? And I hope that through these days we get to be together. There'll be moments for you to come to Jesus and talk to him about how you are wanting him to shepherd you. Perhaps even better to take a moment somewhere in the spaces of these days and ask him, Jesus, how is it that you're wanting to shepherd me right now?

How do I need to be shepherded? And maybe I don't even realize it.

And so Lord, thank you for being to us this very good shepherd. What an honor it is to be cared for, to be guided, to be trained, to be healed, to be restored, to be in every way, shepherded by you. The Lord is my shepherd. For this, we say, thank you in Jesus name. Amen. It's a very simple line. We all know it, but isn't that good?

You know, at any point in the middle of a really busy crazy week or day, you could stop for five minutes and you could let that line remind you that you're being shepherded right in the middle of it. You're not isolated. You're not alone. Maybe think of it this way. And maybe this is an unhurried way to think about this discipleship invitation of Jesus.

I think one of his absolute favorites, favorite metaphors for discipleship was, and you won't find this surprising, was a yoke? Right. And in one of the contexts where he speaks of this, he says, is any of you among you? Are any of you heavy burdened weary? Do you ever feel that way? Now in the midst of your actual life, do you ever feel sometimes that things are a little challenging or difficult?

You're allowed to say yes, those words were not spoken just for those on their way to Jesus. And then once you meet Jesus, of course, never again.

Do you feel weary or burdened? I feel that way often. Come to me, trust me. And I will show you how to rest. And then he offers his strategy for helping us rest a yoke.

Now, if you were thinking of, I need some rest, would you have thought of a yoke?

You might've thought of a lazy boy or a hammock, or like my friends who were just finishing up a vacation in Fiji. I'm not jealous at all just slightly, but yeah, he says a yoke. Would you like to find rest for your soul? I have a yoke.

Let me tell you at least two reasons. I think that a yoke is a perfect strategy. Jesus' yoke is a perfect strategy for resting. One, a yolk has two places in it, not just one. You are not alone in the work you do. I think in the story up here, the image of with God, that is the nature of the ministry. Jesus, doesn't give us an assignment and tell us to go off and do it.

Jesus invites us to join him in the work he's doing to be in the yoke with him of life and of ministry. So we're not alone that helps lighten the load.

There's a second reason I think a yoke it's a restful place for our souls. And that is who in this yoke is carrying the heavy end.

It's not me.

Even when I look at my life and I look at my responsibilities and I think, oh my goodness. Having to manage in this season. It helps me to stop and remember, I'm still not carrying the heavy end of this yoke.

I was with a group of pastors in St. Petersburg, Russia, and I was trying to get some of these ideas across to them. And I, I just felt like they were nodding their heads, but I, I wasn't sure it was getting in. They were saying, it felt like they were saying something like, yes, this is a very good idea you strange American.

I mean, you're in Russia, but okay, fine. I'm sure that works very well for you over there. And we will give you theoretical agreement on this thing you are saying. I just thought to myself. I want these pastors to feel this. Not just

know. Like a cute little idea to dance around their heads and forget in a day or two. I want them to feel this in their guts.

I want them to know these things. And so I had them do something. In fact, do you happen to have something to write on? I would encourage you to do this too. And if you don't it's okay. You can do this in your mind, but if you had a place to write, here's what I'd like to do. Just write in sort of a list format, one, something, two, something, just making a list.

What are some of the things that you do in the course of a typical week of ministry? I'm sure it's a very short list. No, just write a few of those things with you. And as you write, some of them that you'll write down may feel very significant. Important. And, and some of them may feel really mundane, you know, on my list would be answer emails.

I cannot say this is one of my most thrilling experiences, you know, day to day. Sometimes I'll get one. I really like, but a lot of times it just feels like.

But other times they get to write on the list, keep working on a book. And I really liked it. So write down some of these things you write down may look like appointments you regularly keep meetings. You're regularly a part of.

So as you write, maybe you've written a few things now already. What are some of the things you wrote on there, on your list? Just give me a couple of loud answers that everyone can hear. Plan meetings, anybody. Counseling. Right. So you're meeting with people you're encouraging or listening or whatever. Message preparation.

Sure. Anyone have staff meetings or volunteer meetings, regular weekly gatherings.

And I, I then asked the group having this list and some of them had lists that were 10, 15, 20 items. I think I probably gave him a little more time than I've given you here. I asked them, how do you feel when you write down that list? And you can see at least on some of their faces, they go tired. They didn't want to say that about ministry, but some of them looking at the list felt a little weary.

Some other people said privileged. And of course that's a perfectly good word to describe the honor that it is to be involved in the work of God alongside Jesus. Other people said overwhelmed, other people said inadequate, one businessman was sitting there and he had the longest list of all. And I saw him right after he finished writing his list, doing this.

Right. You know what I'm doing? And I asked him, what's this. He said, as I wrote down my list, my heart began to race. I remember in the middle of a retreat, I had played a dirty trick. We're supposed to have this relaxing restful retreat experience. And I made him think about all the things he's responsible for his life.

And this was a guy kind of with business ADD I mean, it's just, he was running multiple businesses, very busy.

And then I asked them, why don't you do one more thing with that list of yours? And I'm gonna invite you to do the same, look back at your list, look at what you wrote down. And now I would like you to do something very simple with each item on the list.

At the end of each item, whatever it is you wrote. I want you to write two words with God. That's not a race, right? The first one, and then look at it and see how it feels. How does this strike you? What does it make you think about? And then after you've taken a moment on the second one again write with God.

I want you to think about that.

So you can continue to do it while I say a couple things. So one of the things immediately, when I get to do this with leaders, especially sometimes high level leaders is you can almost see a visible, relaxing. And you can hear some time just to.

See what often makes the work we do feel heavy and burdensome is feeling like we're alone doing it. Like it, like it all lands on us. But in fact, Everything we do is just an opportunity to live in communion with God, to be a collaborator with Jesus in the work he is doing as an absolute genius. And

it doesn't matter how mundane the thing you write down is Jesus is very interested in that.

Because again, it's just one more opportunity for him to live in communion with you. See, I think sometimes men and women who go into ministry think that the main thing Jesus is looking for is their service. I remember when I was a young pastor, I would hear people say I would rather burn out for Jesus than rust out.

And for a long time, I'd say, amen, oh, that's such wisdom.

As I've gotten a little older. I began to think, are those really the only two options? Do I have to pick one rusty or fried? Could I perhaps live a life that is fruitful and restful and abundant and obedient? Could I finish well instead of fried to a crisp? I love that this language of finishing well came up, you know, one of the secrets to finishing well, just live well today.

And then do that tomorrow.

Finishing well is just the end of a life that you're learning to live well. And as I said before, and as I know you already. We are, we are being mentored in the best life there is.

So how do you live and unhurried life? In some ways I'm going to give just the simplest Sunday school answer I can possibly imagine. You will learn. To live an unhurried life by following an unhurried savior,

Jesus was unhurried enough so that he had time for everything the Father had for him to do and everything the Father had for him to say. That being a follower of Jesus is indeed in part following the things Jesus said, his teachings learning to obey everything he commanded because his commandments are not burdensome.

They are invitations. They are empowerments. They are guidance in the way of life. We learn to live this life well, so that perhaps by God's grace, our lives might tantalize others to join us in this.



We slowed down enough to let our lives be gospel so that we can speak from gospel credibility.

I think again, in this language of an unhurried life, the facet of the gospel, I think maybe our world today needs more than any other facet, is the facet of peace.

We are living in one of the most anxious times. I can remember in my adult life. My sons are young adults, 21, 24, 27, and I interact with them and I talk with their friends.

Yeah. I hear immense anxiety.

You know, we follow a prince of peace.

And he's with us.

And this is a facet of the abundant life. He would love to show us how to live.

Like I said, I come by my own anxieties rather honestly, I have a mom who grew up in a post-World war II orphanage. If you do that, you learn anxiety. She became a young mom and had a firstborn son. So I got a PhD in anxiety growing up. I'm not blaming my mom for anything. I'm a 58 year old man. I get to choose what I'm going to with the experiences I've had.

But I've come to realize something. Anxiety is not a fruit of the spirit. You know, Dallas Willard sometimes would say anything you could do in anxiety, you could do a lot better in peace. I mean, seriously, when I first heard him say that, I thought, I think you're crazy. My anxiety is an asset.

I get things right. It proves I care. Remember the equation from earlier? I've come to think maybe Jesus is right about anxiety. Maybe it doesn't link them my life one minute or increase my stature one inch. So an unhurried life I'd like to invite you to join me as we take a moment to pray as we come into the presence of the one who is our unhurried Savior, who would love to mentor us in his unhurried way, would you join me in prayer?

Thank you for this community of men and women.

Thank you for each one that they are sitting in this room at that table because you chose them in conversation with the Father and the Spirit. Lord Jesus. I want that one.

And God chose you and he appointed you to go and be fruitful. And to be fruitful in a way that would matter to be fruitful in a way that would last the fruit of the kingdom doesn't happen in measured in minutes.

Jesus is wanting to grow Oaks of righteousness. And that may take longer than just a few months. You've got your whole life, wherever you find yourself in that lifespan, for Jesus to do the work that he wants to do in you. So that he might then do work through you. Jesus, would you show us how to slow down so that we can see people?

Will you show us how to slow down that so that we can know ourselves as beloved sons and daughters. Treasured because of who we are not primarily because of what we do. Would you give us peace in a place of our worries? Would your love displace fear in our hearts and minds? Would your companionship meet us in places we feel alone?

Would your patients enable us to slow down in the ways we let frustration and irritation erupt from our lives, teach us to live at the pace of love and the pace of joy and the pace of peace. And the pace of patience teach us to live at the pace of Jesus, we pray, amen.

## **Closing**

**Wayne Wrz:** That was a great session with, with Allen Fadling. I remember that I was just coming on the team. I talked about trying to look at seeing if I could make it that D conference and didn't end up going. But, but man if I'd been there in the room, I think I would've enjoyed that. Then I know that I enjoy listening to that session now.

Josh what was something in that that really stuck out to you.

**Josh Yates:** Yeah, there's, there's a number of things that I love about Allen. One is just, just his cadence and a common conversations with him, so that him coming in to town and spend time with him grabbing a meal with him, he, he is really the real deal off stage and, and, and what he talks about in terms of being fully. And that is true with him. So when you.

having a conversation with him, he's fully in the room, he's listening, he's engaging his, his countenance, his presence is as one of unhurried. And he kind of mentioned that you saw talks about the Jesus is here. He's present he's in this moment. He's teaching us how to live in the here and now. Being hurried or unhurried being frantic.

He talks about this kingdom, living that, that the kingdom shows us how to live and the king coming and and our relationships and how we, how we navigate the, the our soul being unhurried. And I was reminded of this passage in Matthew it's. This is from the message, and I love how this kind of reads says, are you tired? Worn out, burned out on religion, come on. Get away with me and you'll recover your life. I'll show you how to rest a real rest. Walk with me, work with me, watch how I do it. Learn the unforced rhythms of grace. I don't let anything heavy or ill-fitting on you keep company with me and you'll learn how to live freely and lightly for Matthew chapter 11.

I love, I love the learn, the unforced rhythms of grace. I don't know, from my personal journey, that's something I'm continuing to do. want to learn from Jesus and I'll watch how he does that. I want to learn the unforced rhythms of grace is so freeing, so life-giving, and it helps me to have to live in the moment here.

**Wayne Wrz:** Yeah. One of the things that, that really stuck out to me towards the end of his message, he talks about a yolk having two places in it. And that invitation is to, to work with Jesus in what he's doing. It's not an invitation of what can I do in my strength for God, for the kingdom.

But the invitation to, to take Jesus' yoke to, to bear that yoke with him doing the work that he's called me to in, in history, in the power of, of his spirit. So it just so many encouragements.

We do have a podcast episode with an interview with Alan that you can go check out. We'll link that in the show notes. And if you enjoy this episode, we would love for you to share it with a friend, share it with a ministry leader, and also maybe.

Head over and leave us a rating and review wherever you listen to your podcasts. And now we have our disciple-making moment.

## **Disciple Making Moment**

**Val O'Brien:** Hi everyone. I'm Val O'Brien area coordinator in Cleveland, Ohio. And this is my disciple-making moment.

You know, one of the ministry principles we talk about at Sonlife is holy spirit dependence. And one of the main ways that we can do that and practice that is through prayer. And that's one thing that during lockdown um, The city was kind of in a, in a quarantine order in the middle of 2020 that I really started to implement in my life in a different way thanks to the encouragement of one of my mentors.

She'd been a missionary for 60 years was a woman I really wanted to learn to pray better from, and, and how to implement that into my life. So you recommended to me this book about prayer. And so I spent a lot of time reading it and listening to it during that time.

And one of the things that it encouraged you to do is to spend 10 minutes a day just in complete quietness and stillness with the Lord. Said if this isn't a good practice in your life yet, just start with 10 minutes a day. Don't be one

of those, you know, I'm going to start getting up at three in the morning and spending three hours before work.

Start small, start with 10 minutes and give that time uninterrupted undistracted to the Lord. You know, I realized that I did pray. Yes, yes, of course I did pray. I, was in a habit of that. I would end some of my time in the morning journaling my prayers, or I would often say like, no, I pray. I pray when I'm driving.

And I pray when I'm running and those are all really good things. And those are all really important. But what this book really encouraged was spend 10 minutes completely undistracted, not multitasking. I was even multitasking in my prayer. He said, give those 10 minutes to the Lord. Oh, how that looks for me is I'm setting an alarm on my phone.

Finishing reading, finishing reading scripture for the day. Maybe even, you know, writing a couple things out in my journal, closing all of it and either sitting or kneeling and just quiet and still with Jesus at the start of my day for 10 minutes. And I need to tell you that it is one of the simplest, most beautiful new rhythms that I've added to my life.

Time to talk, listen, and just meet with Jesus. I've started to see it as almost like a, a tithe or an offering where I feel like what I need to do then is to get up and to keep moving and start my day and get into my ministry, work that day and make that phone calls, shoot that text message.

But what I really need to do is to stop and quiet my heart and give the Lord 10 minutes of my uninterrupted time at the start of my day to hear from him, to ask him, Lord, what do you, is there anything you want from me today? That's not on my radar. What did you just say to me through your word that I need to let sink deep into my heart? What are the anxieties and concerns that are just clouding my mind this morning?

Why did I wake up angsty and upset? What do I need to repent of? How do I need to start this day and to see that is just an act of worship to the Lord, an act of learning to lean into the spirit, and into the peace and the joy and the

rest that Jesus offers us in a very real way. And as I've talked to ministry leaders about just what a huge impact that's had on me and to encourage them to do the same, it's one of those simple things that people have said, why haven't I done this sooner?

Why is this never been such a practice in my life before? And I encourage you to start. Or start tomorrow morning. Just 10 minutes a day, learning that Holy Spirit dependence as we go through our work.