

# The Lowedown

a monthly Newsletter from the life and ministry of Dave & Jennifer Lowe

June 2002

## The Disease of Hurry Sickness

What's the best book you've read this past year and why? The best book I've read this past year is *The Life You've Always Wanted* by John Ortberg.

Ortberg's writing is humorous and very practical. I found myself being convicted and challenged in almost every chapter. One chapter in particular, Ortberg talks about the Disease of Hurry sickness. Hurry sickness is "above all, a continuous struggle to accomplish more and more things in less and less time."

How do you know if you have "Hurry Sickness?" Ortberg, suggests a simple diagnostic exercise. Answer yes or no to the following questions.

1. **Do you constantly Speed up Daily Activities?** - For example, at the grocery store, if we have a choice between two checkout lines, we find ourselves counting how many people are in each line...after we get in line, we keep track of the person who would have been me in the other line. If we get through and the person who would have been me is still waiting, we're elated. We've won. But if the other person is walking out of the store and we're still in line, we feel depressed. We have hurry sickness.
2. **Do you constantly "Multi-Task"?** - this is the art of doing more than one thing at a time in order to save time. The car is a favorite place for multi-tasking. Hurry-sick people may drive, eat, drink

coffee, monitor the radio, shave or apply makeup, talk on the phone and make gestures all at the same time.

3. **Is your life Cluttered?** - Hurry-sick people often have huge daytimers and buy time-saving devices that they don't use because they don't have the time to read the directions. Clutter also occurs when life is full of too many obligations. We then begin to forget important dates and appointments and are unable to follow-through on all the stuff that we couldn't say "no" to.
4. **Is your life Superficial?** - hurry-sick people lack depth because they are involved in so much. Ortberg says, "today we have largely traded wisdom for information. We have exchanged depth for breadth. We want to microwave maturity."

### The Danger of Hurry Sickness

So what's wrong with hurry sickness? After all, isn't it good to be efficient with the use of our time? Isn't it virtuous to be a good steward of our time?

It's certainly good to use our time wisely but hurry sickness is very dangerous to our faith. As Ortberg says, "For many of us the great danger is not that we will renounce our faith. It is that we will become so distracted and rushed and preoccupied that we will settle for a mediocre version of it."

### The Cure for Hurry Sickness

The cure for hurry sickness is slowing down. A key discipline to help is the practice of solitude.

Jesus made it a priority to get away from the crowds and even his disciples for extended periods of solitude. It was during these times that he connected with the Father. These times of reflection are vital if we are to notice and gain freedom from the forces of society that will otherwise relentlessly mold us.

For Jennifer and I, this past year has been a tremendous year of adjustment. Being the parents of twins and being the directors of a growing ministry, there is no end to the tasks that continually scream for our attention.

This summer we hope to take a break from our hurry-sick schedule. We are scheduled to take a one-month sabbatical, something that we've not done in all our years in ministry. But first, we must spend some time raising personal support.

Please pray for us this summer as we experience a change of pace. Pray for our personal support and that we would experience God's rest as we recharge our batteries.

### Matthew 12:28-30

28 "Come to Me, all who are weary and heavy-laden, and I will give you rest. 29 "Take My yoke upon you, and learn from Me, for I am gentle and humble in heart; and you shall find rest for your souls. 30 "For My yoke is easy, and My load is light."

### Praise God for...

- ... the 80 freshmen that are involved in our ministry
- ... the 20+ students who are going on summer projects this summer.
- ... the beginning of two ethnic ministries on campus. Epic, a ministry to Asian Americans and Impact, a ministry to African Americans.

... starting two Bible studies in two different Greek houses.

### Pray for...

- ... God's provision as we raise personal ministry support this summer.
- ... rest as we experience a change of pace.
- ... next year's incoming freshman class. Pray for open hearts to the gospel.
- ... students going on summer projects—for a life changing experience.
- ... leadership students to come back excited in the fall.

### End of the Year Ministry Update

So much has happened during this year that it is impossible to share it all in one newsletter. That's why we've created a year end update on our website:

<http://pweb.jps.net/~davejen>

For a complete update of all that happened this year, including pictures and our vision for next year, please visit our website.