



FUEL sermon series – Week 2 Spiritual Practice
July 2

In the opening lines of his book, *The Ruthless Elimination of Hurry*, John Mark Comer shares the conversation a friend had with Dallas Willard. He says,

In order for us to live the life of love, joy, and peace that Jesus desires so deeply for us to experience, we must eliminate hurry from our lives: "Hurry is the great enemy of the spiritual life in our day. You must ruthlessly eliminate hurry from your life... There is nothing else." (Dallas Willard).

Hurry is our enemy.

Hurry keeps us from so much of life in the Spirit. This week we want to share a resource from John Mark Comer that is full of spiritual exercises and practices that will help you to slow down a bit so you can walk in step with the Spirit.

[Skim through the *How to Unhurry Workbook*](#). Pay attention to what one exercise or practice the Lord invites you to do this week. Take a breath. Take your time. Watch and wait for the Lord.

*This workbook is a companion guide for John Mark Comer's book, *The Ruthless Elimination of Hurry*, which is a great resource for those who want to live an unhurried life. You can find it [HERE](#).*