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**Practicing the
Way of Jesus**



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Dallas Willard

“Hurry is the great enemy of spiritual life in our day. You must ruthlessly eliminate hurry from your life.”

Michael Zigarelli

"It may be the case that (1) Christians are assimilating to a culture of busyness, hurry and overload, which leads to (2) God becoming more marginalised in Christians' lives, which leads to (3) a deteriorating relationship with God, which leads to (4) Christians becoming even more vulnerable to adopting secular assumptions about how to live, which leads to (5) more conformity to a culture of busyness, hurry and overload. And then the cycle begins again".

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Ronald Rolheiser

“Today, a number of historical circumstances are blindly flowing together and accidentally conspiring to produce a climate within which it is difficult not just to think about God or to pray, but simply to have any interior depth whatsoever... We are distracting ourselves into spiritual oblivion... pathological busyness, distraction, and restlessness are major blocks today within our spiritual lives”.



Eugene Peterson

“Hurry is a form of violence practiced on time.”

Ruth Haley Barton

“Irritability, hypersensitivity, restlessness (when we actually do try to rest we can’t calm down), compulsive overworking, emotional numbness – we just can’t feel, escapist behaviours, disconnected from our identity and calling, not able to attend to human needs, hoarding energy, slippage in our spiritual practice”.

Dallas Willard

“In this truth lies the secret of the easy yoke: the secret involves living as Jesus lived in the entirety of his life – adopting his overall lifestyle... our mistake is to think that following Jesus consists in loving our enemies, going the “second mile,” turning the other cheek, suffering patiently and hopefully – while living the rest of our lives just as everyone else around us does... it’s a strategy bound to fail”.

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Frederick Dale Bruner

“A yoke is a work instrument. Thus when Jesus offers a yoke he offers what we might think tired workers need least. They need a mattress or a vacation, not a yoke. But Jesus realizes that the most restful gift he can give the tired is a new way to carry life, a fresh way to bear responsibilities...”

Realism sees that life is a succession of burdens; we cannot get away from them; thus instead of offering escape, Jesus offers equipment. Jesus means that that obedience to his Sermon on the Mount (his yoke) will develop us in a balance and a 'way' of carrying life that will give more rest than the way we have been living".

Stephen Covey

“Inner peace is achieved when our schedule aligns with our values”.