

April 3, 2022  
Matthew 11:28-30

## **SOLITUDE AND SLOWING**

### **Slow Me Down Lord!**

Slow me down, Lord.

Ease the pounding of my heart by the quieting of my mind.  
Steady my hurried pace with a vision of the eternal reach of  
time.

Give me, amid the confusion of the day, the calmness of the  
everlasting hills.

Break the tensions of my nerves and muscles with the soothing  
music of the singing streams that live in my memory. Help me to  
know the magical, restoring power of sleep.

Teach me the art of taking minute vacations—of slowing down  
to look at a flower,  
to chat with a friend,  
to pat a dog,  
to read a few lines from a good book.

Remind me each day of the fable of the hare and the tortoise,  
that I may know that the race is not always to the swift—  
that there is more to life than increasing its speed.

Let me look upward into the branches of the towering oak  
and know that it grew great and strong because it grew slowly  
and well.

Slow me down, Lord, and inspire me to send my roots deep into  
the soil of life's enduring values that I may grow toward the stars  
of my greater destiny.

Amen.

### **A Brief History Of Hurry**

200 BC – The Sundial  
1370 – First Public Clock Tower  
1870 – Edison And the Lightbulb  
2007– The Iphone

## II. Practices of Jesus To Help Us Stay In The Present

### A. \_\_\_\_\_

<sup>35</sup> Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a **solitary place**, where he prayed.” Mark 1:35

<sup>31</sup> Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “**Come with me by yourselves to a quiet place** and get some rest.” Mark 6:31

### B. \_\_\_\_\_

<sup>15</sup> Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. <sup>16</sup> But Jesus often withdrew to lonely places and prayed.” Luke 5:15-16

## III. Conclusion And Application:

How will you apply the spiritual practice of Solitude and Silence this week?