

ENCOURAGEMENT FOR *Real Life*

146. You May Be Living Distracted if You Always Hurry

You are listening to episode 146 of the Encouragement for Real Life Podcast titled, You May Be Living Distracted if You Always Hurry. Welcome to the podcast! Thanks for joining me here today. Are we missing priceless moments happening right in front of us? The thing is, we may not realize just how much we're missing. But I'll say this today (even if it may be unpopular) we are missing more than we realize. And everyday distractions are playing a huge part in this. In this episode, and in the last two and in two more to come, we're discussing and highlighting indications that may likely reveal how distracted we may be living. Today we're pondering our pace and if we always hurry. What may that mean? Well, let's get into this episode to find out and to receive timely help and hope for our real lives right now.

Are you consistently in a rush? Do you always hurry? The pace of this world is one of scurry and scramble, isn't it? I mean, people are in a hurry these days--on the highway, in the grocery store, boarding an airplane, and especially in the parking lots. If our bodies aren't hurried, our minds certainly are.

Why are we in such a hurry, anyway?

Who said we had to be, and who in the world chose this pace? To drive this home even farther, I even heard someone on a podcast the other day refer to her part-time at-home business as a "side hustle." Really? Can we call it something else? Something more pleasant and peaceful? Something that indicates joy and blessing instead of hurry? Instead of hustle? This is a perfect example of the pace of this world.

Every now and then I need a reminder to slow down, because I can get caught up in the rush of this life. I can hurry with the best of them. But is living hurried God's best for us? I don't think it is, because a hurried life leads to a harried life, and it's one we never saw Jesus exhibit or embrace. Jesus was always intentional with His pace and His time, staying in the will of His Father. I can't find one instance in Scripture where Jesus was in a hurry.

The more distracted we are living, the more we will feel the need to rush and hurry. How many times in a day do we tell ourselves or others to "hurry up"? Or how often do we feel like we're behind, so we need to race to catch up? Distractions make us feel like we are consistently behind. They are good at reminding us that we aren't keeping up with the rest of the world or that we've missed our chance, so we better rush to try to make up time.

Nothing could be farther from the truth.

Distractions lie to us. Distractions take our focus off truth, and pretty soon we find ourselves at a pace we cannot keep. I mention in my book, *Right Now Matters*, that our pace determines our peace. I don't know about you, but I desire God's pace and peace in my life, not this crazy world's.

Yet, for years, I was the rushing woman. I was the mom who consistently told her young children to "hurry up." I was the woman who always felt behind. So I get it. I get how hard it is to battle this distracted life. It's not easy. Easy is following the crowd. Easy is going with the flow. It takes much more effort to swim upstream than downstream, and choosing to live undistracted is definitely swimming upstream. It takes dedicated effort and intention, but friend, this dedication and intention is worth it. Let me tell you.

And allow me say this again: Our pace determines our peace. And if distractions are causing us to speed ahead and to always hurry, they are robbing us of our peace.

So, do you always hurry?

If so, this is a good indication you may be living distracted. But you don't have to continue living in this way and at this pace. I give you permission today to make a change and to live differently, But just in case you're not sure if you always hurry or not, I invite you to join me in taking a "hurry inventory." Notice your pace today. Is it rushed or relaxed? Are you feeling behind in almost everything? Do you feel pressed for time currently while listening to this episode? If your body isn't in a rush, are your thoughts? Just pay attention today and ponder your pace.

Then ask yourself a few questions, such as:

Why am I in such a hurry?

Do I need to be?

What's forcing me to rush?

These questions will help you address your situation and open your eyes to your reality.

Friend, life is too important to live it in a hurry.

Let's slow down. Let's choose a different pace of life. Once we do, we will live much less distracted. And in case we think rushing and hurrying is the only way we can get ahead in life, we can still accomplish much at a slower, healthier pace. We don't have to always hurry. In fact, Scripture tells us it's not good to be in a hurry.

"Getting excited about something without knowledge isn't good. It's even worse to be in a hurry and miss the way" (Proverbs 19:2 NIRV).

"Careful planning puts you ahead in the long run; hurry and scurry puts you further behind" (Proverbs 21:5 MSG).

God's Word has much more authority than mine, and even He says hurry is not good.

On Day 5 in the Right Now Matters Bible study, I offer some tangible ways to "slow our go" and to stop the always hurry mentality. These are listed in the OPEN section on pages 48 and 49 if you have the study. A handful of them are:

- Savor your food while you eat instead of rushing through dinner.
- Drive the speed limit--the real speed limit, not five over.
- Refuse to tell your children or grandchildren to "hurry up."
- Send a note to someone through postal mail instead of a text or email.
- Take a nap.

What are some other ways you can think of to slow your go today?

Give one a try and begin to embrace a new, life-giving pace. Then do it again tomorrow, and the next day. Pretty soon you'll be well on your way to living an unhurried and undistracted life.

Friend, this may seem like such a little thing, but take my word for it, it's not. This is our very lives we're talking about here. We don't get another chance to live this life. This is it. I pray we make the most of it. We don't need to always hurry.

In my Free Resource Library, you can find helpful tools and ideas to aid you in living an undistracted life. From lock screens, to printables, to guides and social posts, you'll be better equipped to embrace a live-in-the-moment life. The link is in the show notes. And you can always find more in my books, *Right Now Matters*, and the *Right Now Matters Bible Study*.

If you found hope and encouragement in this episode, would you consider leaving a rating or review from wherever you are listening today? Be sure to subscribe so you never miss an episode.

In closing, God has good plans for our lives, and friend, they don't include living in a hurry. Let's take it one moment at a time today, and as we begin to un-hurry our lives with God's help, I pray He encourages our hearts and blesses our souls with His peace. God's pace is best! I'm cheering you on today and every day. Thanks for being here. God bless you!

Links in this episode:

Episode 144, [You May Be Living Distracted if You Cannot Focus](#)

Episode 145, [You May Be Living Distracted if You Cannot Complete Tasks](#)

[Proverbs 19:2](#) NIRV

[Proverbs 21:5](#) MSG

[Access my Free Resource Library](#) to help you live an undistracted life

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