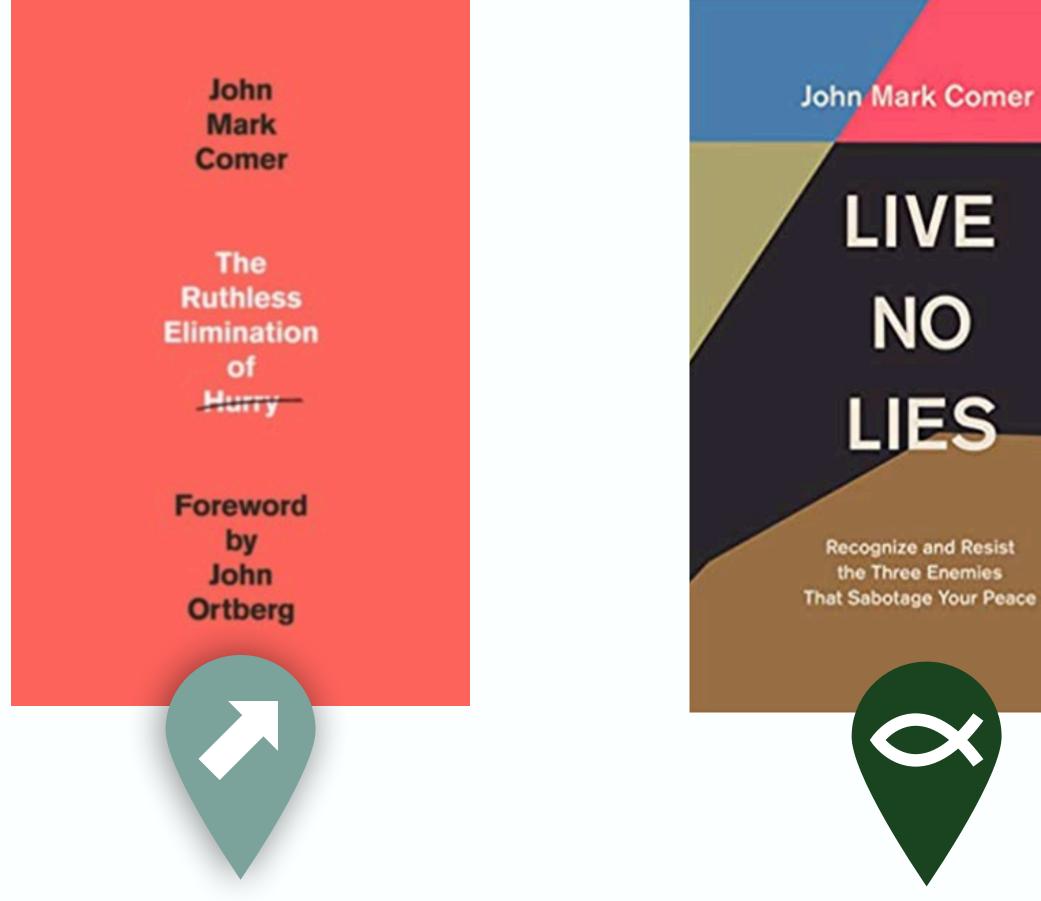
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# HOW TO STOP LIVING BURNT-OUT AND START LIVING FULLY.

#### JOURNEY MAP BOOK RECOMMENDATIONS



'A perceptive and practical book about why our calendars so rarely reflect our priorities and what we can do to regain control." -Adam Grant, #1 New York Times bestselling author of Think Again

AT YOUR

### BEST



How to Get Time, Energy & **Priorities Working in Your Favor** 

#### **Carey Nieuwhof**

Restalling anther of DIDN'T SEE IT COMING

"Carey's book will help you reorganize your life. And then you can share a copy with someone you care about." - Contain, author of The Practice

"A perceptive and practical book about why our calendars so rarely reflect our priorities and what we can do to regain control." -Adam Grant, #1 New York Times bestselling author of Think Again

### AT YOUR BEST



How to Get Time, Energy & **Priorities Working in Your Favor** 

#### **Carey Nieuwhof**

Bestselling author of **SEE IT COMING** 

"Carey's book will help you someone you care abo n you can share a copy with or of The Practice

"Time off won't heal you when your problem is how you spend your time on."

- CAREY NIEUWHOF

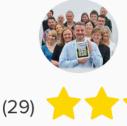
### Hurry Sickness —

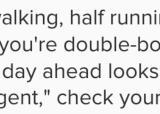
"A behavior pattern characterized by an urgent and persistent need to feel busy or productive, and often an anxious, excessive preoccupation with work at the expense of relaxation and socializing."

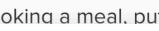
### - US Dictionary

Professor Richard Jolly of the London Business School found that 95 percent of the managers he studied suffer from Hurry Sickness.

Skill Areas       Learning Formats       For Your Organization       Search Keywords or Topics         Var are here: Home / Stress Management / Burnout / Hurry Sickness         Dolkit         1       Leadership Skills (60)         2       Team Management (30)         3       Strategy Tools (144)         9       Problem Solving (47)         9       O 12 MIN READ         9       Problem Solving (47)         9       Project Management (50)         9       Time Management (64)         9       Stress Management (51)         9       Communication Skills (150)         9       Coreativity Tools (29)         10       Learning Skills (56)         10       Coreativity Tools (29)         11       Learning Skills (56)         12       Career Skills (212)         12       Here's no letup even after you arely to emails marked "urgent," char are are so many email and message notification even know where to start.         13       Then you realize that you're late for a meeting. So you urush off, half walking here on the phone, you reply to emails marked "urgent," char area in the meeting room. A few minutes later you realize that you're do the phone, you reply to emails marked "urgent," char and reply to several messages.         14       There's no letup even after you arrive home. You somehow iuade			church.com/watch ols.com/pages/article/how-t	to-beat-hurry-sickness.htm		
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#### 1) Finding The Shortest Check Out Line



#### 1) Finding The Shortest Check Out Line 2) Finding The Shortest Traffic Light



#### 1) Finding The Shortest Check Out Line 2) Finding The Shortest Traffic Light 3) Often "Multi-Tasking"



- 1) Finding The Shortest Check Out Line
- 2) Finding The Shortest Traffic Light
- 3) Often "Multi-Tasking"
- 4) Irritable



- 1) Finding The Shortest Check Out Line
- 2) Finding The Shortest Traffic Light
- 3) Often "Multi-Tasking"
- 4) Irritable
- 5) Hypersensitivity



- 1) Finding The Shortest Check Out Line
- 2) Finding The Shortest Traffic Light
- 3) Often "Multi-Tasking"
- 4) Irritable
- 5) Hypersensitivity
- 6) Restlessness



- 1) Finding The Shortest Check Out Line
- 2) Finding The Shortest Traffic Light
- 3) Often "Multi-Tasking"
- 4) Irritable
- 5) Hypersensitivity
- 6) Restlessness
- 7) Workaholism



- 1) Finding The Shortest Check Out Line
- 2) Finding The Shortest Traffic Light
- 3) Often "Multi-Tasking"
- 4) Irritable
- 5) Hypersensitivity
- 6) Restlessness
- 7) Workaholism
- 8) Emotional Numbness



- 1) Finding The Shortest Check Out Line
- 2) Finding The Shortest Traffic Light
- 3) Often "Multi-Tasking"
- 4) Irritable
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- 6) Restlessness
- 7) Workaholism
- 8) Emotional Numbness
- 9) Out of Order Priorities



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- 7) Workaholism
- 8) Emotional Numbness
- 9) Out of Order Priorities
- 10) Lack of Physical Health



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- 10) Lack of Physical Health
- 11) Escapist Behavior



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John Mark Comer

The Ruthless Elimination of Hurry

Foreword by John Ortberg

### "Hurry is the great enemy of spiritual life.

#### - DALLAS WILLARD

John Mark Comer

The Ruthless Elimination of Hurry

Foreword by John Ortberg

"Hurry is the great enemy of spiritual life. You must ruthlessly eliminate hurry from your life." - DALLAS WILLARD



### WHAT ARE YOKES? They are the truths you live by in order to obtain what your Rabbi promised.

#### John Mark Comer

LIVE

### NO LIES

Recognize and Resist the Three Enemies That Sabotage Your Peace

### TRUTH = REALITY

# For we cannot do anything against the truth, but only for the truth.

#### 2 Corinthians 13:8

### JESUS' OBSERVATION:

they were harassed and helpless, like sheep without a shepherd.

"Burdened and Heavy Laden"

# When he saw the crowds, he had compassion for them, because

Matthew 9:36

Matthew 11:28

#### JESUS PARABLE: BLIND RABBIS AND ILL-FITTING YOKES

10 Jesus called the crowd to him and said, "Listen and understand. 11 What goes into someone's mouth does not defile Pharisees were offended when they heard this?"

- them, but what comes out of their mouth, that is what defiles them."
- 12 Then the disciples came to him and asked, "Do you know that the

#### Matthew 15:10-14

#### **JESUS PARABLE: BLIND RABBIS AND ILL-FITTING YOKES**

13 He replied, "Every plant that my heavenly Father has not guides. If the blind lead the blind, both will fall into a pit."

- planted will be pulled up by the roots. 14 Leave them; they are blind

Matthew 15:10-14

### BLIND RABBIS AND THEIR YOKES. "COME AND FOLLOW US."

#### **OUR MISSION:**

To give people the power to build community and bring the world closer together.



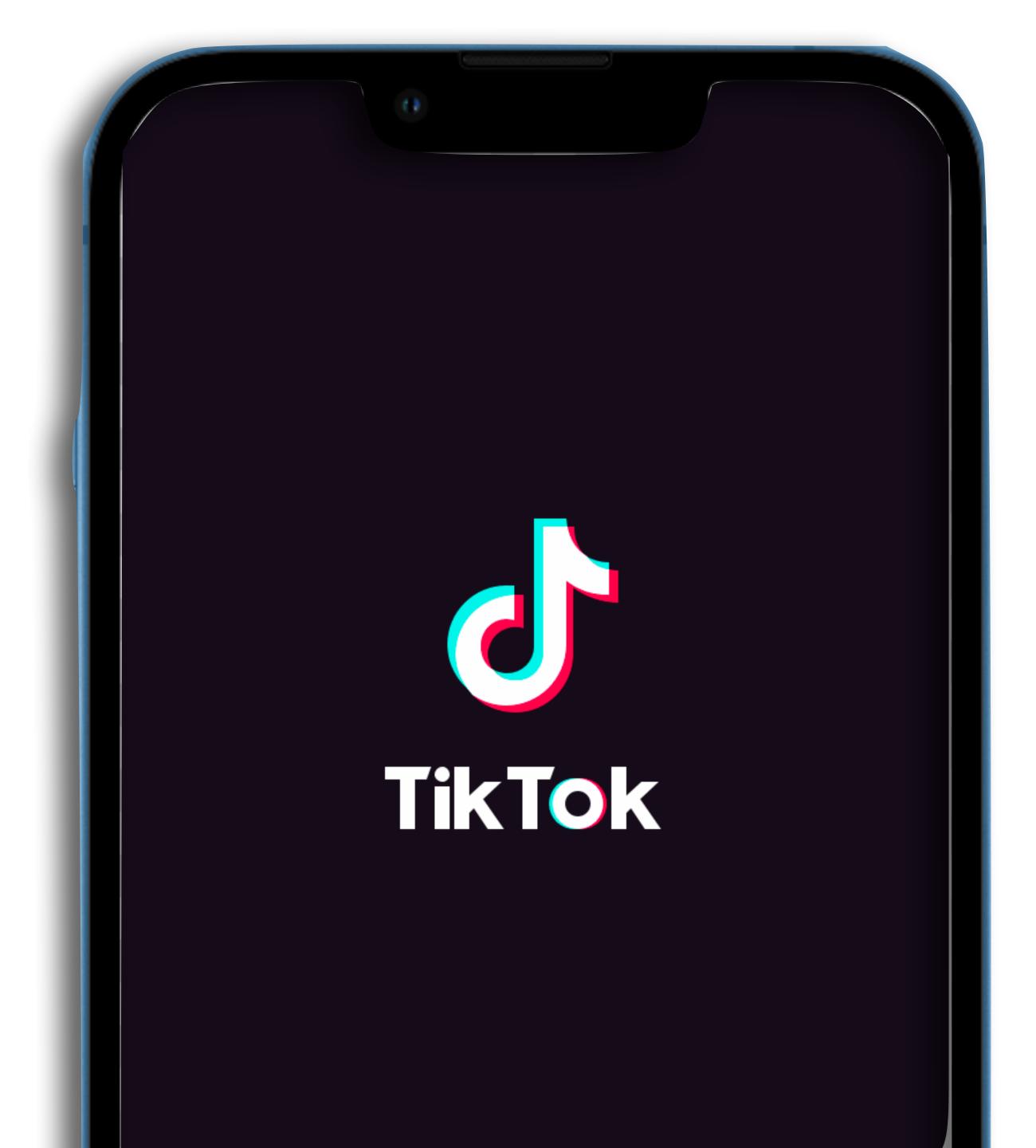
#### **OUR MISSION:**

To give **everyone** the power to create and **share ideas** and information instantly, **without barriers**.



#### **OUR MISSION:**

To inspire **creativity** and bring **joy**.



### BLIND RABBIS AND THEIR ACTUAL YOKES



- -Depression and Anxiety
- -Cyber Bullying
- -FOMO (OR COVETING)
- -Unrealistic Expectations
- -Negative Body Image
- -Unhealthy Sleep Patterns
- -Addiction to Screens
- -Lowered attention span
- -Escalating suicide rates

they may have life, and have it to the full.

# The thief comes only to steal and kill and destroy; I have come that

John 10:10

#### JESUS' INVITATION

"Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

Matthew 11:28-30

# "If you want the *life* of Jesus, you have to adopt the *lifestyle* of Jesus."

- JOHN MARK COMER

### PRACTICES OF JESUS TO HELP YOU UNHURRY

- Silence and Solitude
- Prayer
- Fasting
- Bible
- Community
- Sabbath
- Sunday Gatherings
- Communion
- Worship

Teaching Serving **Simple Living** Celebration Grieving Confession Secrecy Gratitude Generosity **Slowing Down**