

The Ruthless Elimination Of Hurry Summary

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1-Sentence-Summary: *The Ruthless Elimination Of Hurry* will teach you how to slow down, relax, and live a simpler life to become happier and improve your wellbeing.

Read in: 4 minutes

Favorite quote from the author:



Do you ever go through your day wishing you had more time? It's a problem that affects anyone, from a single mother in poverty to a CEO of a successful software company. We all hurry too frequently. Because of our constant rush, we can't be present in our own lives and our relationships suffer.

Pastor John Mark Comer fell prey to what he refers to as the hurry disease. As the pastor of a rapidly growing church and family man, it looked like he had it all. But instead of feeling fulfilled, he felt increasingly stressed and exhausted. He knew that something needed to change. It wasn't until he looked to the very same Bible he taught from that he found the solution.

In *The Ruthless Elimination Of Hurry: How to Stay Emotionally Healthy and Spiritually Alive in the Chaos of the Modern World*, Pastor John Mark Comer tells of his transformation from a stressed out, drained church leader of a megachurch, to a fulfilled small church pastor who made time for God and his family.

Here are 3 of my favorite lessons about slowing down:

1. You have to set aside time each day for the kind of silence and solitude that brings peace.

2. Taking a day off each week for rest isn't such a bad idea, it can greatly improve your productivity and happiness.
3. To become more mindful, take pleasure in slowing down your life by allowing moments of inefficiency.

Are you ready to discover how to get more peace in your life? Let's take a closer look!

Lesson 1: To get the peace that comes from silence and solitude, you must make time for them daily.

In a world where we are constantly bombarded with notifications on our devices, it can be hard to find silence and solitude.

Even if we are alone with our phone, it doesn't mean we're alone in our thoughts. Social media leaves us connected to a bombardment of thoughts and opinions. Before smartphones, people would wait without a source of constant distraction. They would sit on the bus and watch out the window. Nowadays, we leave little time for solitude and reflection.

Jesus had a reverence for quiet alone time in everyday life, and it was part of practicing his faith. He was busy no doubt, but he made sure he had time to himself and did so by getting up early before others were awake. One very busy day, he disappeared on a mountain to pray all night. Whatever it took, he made that time.

It should be just as non-negotiable for us too if we want to live emotionally healthy lives in today's hectic world.

Don't have a mountain to disappear to? Don't sweat it. Just make a point to get up earlier than your household. Take time to enjoy things like a good book and a cup of coffee. You could even take this extra time to take a leisurely walk before work. Put down your phone and unplug your headphones. Allow yourself to feel all the emotions that might come your way.

The more you do this, the more you'll start to realize solitude does not equate to loneliness. Rather, it lets you connect with the world around you.

Lesson 2: Although you might think the idea of resting from work and everything else for one full day each week is old, it has some great benefits.

Even God himself took a rest on after the sixth day of creation. And you should, too. Even if you don't consider yourself particularly religious, make sure to set aside one day of the week for rest.

Not long ago, Americans used to wake up to a quieter Sunday where all businesses were closed and there wasn't much else to do but be with family or go to church. The shift in society to the more secular and commercial has made it hard to have a day for rest anymore. Shops are now open, and people often have to worry about work on this day.

No wonder everyone is so burned out.

Even if you aren't religious, set aside a day and respect it. Maybe spend time doing things you don't normally have time to do, like taking a nap or going on a long walk. Enjoy the company of your family or close friends. The author even suggests go to a concert and just feel the music. **Resting will allow you to appreciate the week previous and recharge for the one to come.**

Lesson 3: Inefficiency isn't such a bad thing, allowing it into your life will help you slow down and become more mindful.

Have you ever stood in the line of a grocery store frustrated at the person in line in front of you who is looking for coupons? Don't they know we're in a hurry? Comer wants us to realize that we shouldn't be in a hurry.

Because if we look really deep down, we might realize sometimes we only feel the need to hurry for the sake of hurrying.

The truth is, we don't have to be so efficient all the time. Instead of racing by cars on your commute home, try going the speed limit, or take a minute to let other people merge in front of you. It probably doesn't need to be a stressful race. Instead, it could be a relaxing time of solitude that allows you to reflect on your day and listen to your thoughts.

Another great way to slow down your life is by simplifying your phone. Comer even suggests transitioning to a "dumb" phone. And honestly, is there really a reason we need social media and emails constantly notifying us?

But if you're not into that more idea, you could delete social media and email apps so you can just use your phone for calls and messages. This will allow you to focus on one thing at a time rather than distractedly multitasking.

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The Ruthless Elimination Of Hurry Review

The Ruthless Elimination of Hurry is a book that everyone in this busy world should read. I love all of the tips it gives, and I think you'll find them especially helpful for you to become more mindful. I've already tried setting aside one day of the week for rest and the positive impact is huge, I'm certain the other principles will do the same!

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Who would I recommend The Ruthless Elimination Of Hurry summary to?

The 42-year-old engineer who is always rushing to get jobs finished on time, the 18-year-old that has a hard time putting down their smartphone, and anyone who feels like they are too busy and wants some advice on how to slow down.

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