

## Why are we all in such a hurry?



**H**ave you noticed that all of us seem to be in a hurry all the time? I'm not exactly sure where we're all going or if we even know, but we sure are in a hurry all the time, aren't we? Maybe we're all hurrying to make a living. But don't you just love it when you get to slow down a little and make a life?

Some friends and I were talking the other day about our favorite foods. We went around the table, naming our favorite foods. One friend said, "Cheesecake." Another friend said, "Ice cream." And another friend said, "My favorite food is a slow-cooked pot roast. Now I don't mean one of those pot roasts that are cooked in a hurry so it can be served fast. I mean a pot roast that slow cooks over low heat, either in a crock pot or in an oven, basting in its own gravy. You know, the kind that takes most of a day to cook. And it has potatoes, and carrots and onions in with it. There's just something about slow-cooking that makes a pot roast taste great."

As my friend described slow-cooking a pot roast, I'm getting hungrier and hungrier, and remembering the slow-cooked pot roast my mother used to fix for our family. As soon as you walked in the door, you knew what had been cooking at least since lunch and what was for supper and what was going to taste so good.

Like a pot roast, there's just something about slow-cooking

life that makes it taste great, too, don't you think? So much of life in our microwave, instant, cable modem world is served before it's done. It's rushed by information overload and misses the juiciness of wisdom. It doesn't take the time to baste in the gravy of its experiences.

Today turn down your oven. Slow down your pace. Make a pot roast life, not just a fast food living. Listen to life today for what God has to say and make a life.

### ***Listen to Your Life***

1. Consider your pace of daily living, not just how much you do every day, but how you do it. Do you usually feel rushed? Or, is your pace more peaceful?
2. See yourself slowing down your pace today. Describe the benefits of this slower-paced you with three words.
3. Pray, asking God to grant you the self-discipline to slow-cook and baste in your life experiences.