

## **The Ruthless Elimination of Hurry**

*by John Mark Comer*

### **What did you like about the book?**

“Love, joy, peace... are incompatible with hurry.” I read these words in an excerpt of this book, which made me want to read the whole thing.

In our fast paced world, being ‘busy’ seems to be more important than being ‘present’. I love the way the book addresses this in the contexts that we currently live in. This book looks at how the world has been speeding up from the invention of the sun dial to the smart phone.

John Mark Comer shares Dallas Willard’s wise words “You must ruthlessly eliminate hurry from your life... There is nothing else. Hurry is the great enemy of spiritual life in our day. You must ruthlessly eliminate hurry from your life.” This book affirmed me in the way that I already felt that God was asking me to live, then gave me practical ways to help me do that.

### **What about the book didn’t quite work for you?**

The book is written by someone who lives in a very different culture to myself, so some of the book feels less relevant but there was enough of the content that was appropriate to be challenging. The ‘Practices for unhurrying your life’ I think can be adapted for all.

### **Why should somebody read this book?**

I think that Spiritual practices are something that has got left behind by many in our fast pace of life. This book speaks of the importance for again harnessing ‘Silence and Solitude’, ‘Sabbath’, ‘Simplicity’ and ‘Slowing.’ I read this book at the start of ‘lockdown’, at a time of so much change. It seems to me, an important time to put some strong foundations down in our lives, that will help us build from here firmly on God.

*Review by Ruth Levett*