

# Provisions

“until Christ is formed in you”



## Slowness

a soul care resource from LifePoint Resources

For everything there is a season  
and a time for every matter  
under heaven:

... a time to break down,  
and a time to build up;

... a time to seek,  
and a time to lose;

... a time to keep silence  
and a time to speak ...

Ecclesiastes 3:1-8



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## Lazy River or Whitewater Rafting

enjoying the journey, and taking a chill pill. Breathe. The whole point is, well, to be lazy.

A lazy river isn't meant to be whitewater rafting. The whole experience is meant to be the opposite of desperately holding on to ropes, screaming through the terror of whirlpools, and thanking God for protective helmets. **A lazy river evokes violins and piccolos, and white water requires kettle drums and cymbals.**

No matter how abundantly obvious those differences are, there are those people who come out of the lazy river exhausted. They frantically paddle in races against the current back to the starting point. They deliberately disrupt the peace by lurking behind boulders to drag others under the waterfalls. They drag themselves out of the water drained and panting for air. **They just can't seem to shift gears away from white-water protocols.**

But what would be the point of fighting the lazy? Who would do that? Ridiculous, right?

There are times when life unfolds unavoidably like white water rafting. White knuckles and stomach in a free fall. But why would we take that tension with us (along with our helmet and paddle) **when God is inviting us to spend time in a lazy river?**

Slowness and Soul Care are extravagant gifts from God. “In repentance and rest is your salvation, in quietness and trust is your strength,” Isaiah 30:15 (NIV) **He woos us into slow paces where we can know Him and enjoy Him**, and be wrapped in His care. No white knuckles are required. The question is: can we take off our helmets and put on the straw hat? And will we cooperate with Him when He steps in to hand us the umbrella drink?

It raises important questions when we habitually hang on to the rush and incessantly build frantic environments that require protective gear. What is it that draws us to set life practices where we unceasingly sweat and strain and struggle? Are we addicted to adrenalin? **Are we failing to “ruthlessly eliminate hurry” so that we avoid intimacy?** (Thank you, Dallas Willard for those wise words!) Is it about self-sufficiency or control or proving our worth?

What would be the point? Who would do that? Ridiculous, right?

We have an open invitation to the Lazy River. **Maybe it's time – time for slowing** our roll.

# The Practice of Slowness

“Where are you?” Our God calls out to draw us close with that question, just as He sought His first children in Eden. They traded relaxed, intimate, meandering, cool-of-the-evening garden conversation for **the myth of having self-ruling god-like qualities**. And they ended up in white knuckle hiding. Do we do that too?

Ask the Spirit of God to help you know: Where am I? Am I in a place that nurtures intimate nearness to You? How easy would it be to trade in my helmet for a straw hat? How long has it been since I intentionally spent some time away from the white water? **Is it time for more intentional slowness?**

## Steps toward Slowness

- 1– Ask God to show you what is enticing you toward a fast pace.
- 2– Notice which times of the day/week are habitually full of harried hurry.
- 3– Seek occasions to pause —as you eat, wash your hands, stand up, enter a room, encounter people, and even as you begin to speak.
- 4– Use your senses to prolong your pause: see... hear... breathe... feel ...
- 5– Invite God to slow your pace to match His plans and purposes.

Our friends at [Unhurried Living](https://www.unhurriedliving.com) have created this slow retreat that will give you a sample of how slowness will enrich your life practices.

Give yourself the gift of 5 slow minutes.



**S**avor  
**L**isten  
**O**pen your heart to God’s presence  
**W**orship

**In repentance and rest  
is your salvation,  
in quietness and trust  
is your strength.**

Isaiah 30:15 NIV

Recommended Resources: [www.unhurriedliving.com](https://www.unhurriedliving.com) With thanks to Alan and Gem Fadling

The purpose of spiritual practices is to make space for the Holy Spirit to do transforming work so that Christ may be formed in us. The point is an ever-increasing union with God—loving God for God’s sake—overflowing the banks of our hearts for the sake of the world. We hope that these quotes, prayers, ideas, and resources will help you practice the way of Jesus.