

## **Session #2: *We Walk Slow and Deep***

### **Walking Slow**

#### **I. A Life of Speed**

Life is learning to live with a slow God but we live in a culture of speed:

- Production is measured by busyness
- Cell phone and internet connections
- Amazon and same day /24 hour delivery
- The Chinese ideogram for “busy” is made up on two characters, “heart” and “killing”
- Skimming is the dominant form of reading.
- Our neural circuits needed for reading and thinking deeply, with sustained concentration, are weakening.

#### **II. A Life Lived Slow**

We must heed Psalm 46:10: “Step out of the traffic! Take a long, loving look at me, your High God, above politics, above everything.”

We walk with a 3 MPH God — Exodus 23:29-30/Deut 7:22

When we invite people to walk with us as we walk with Jesus, we’re inviting them to a slow journey. Disciplemaking is not for those who seek:

- quick results
- a series of boxes to check
- guaranteed success

Slowness reflects growth that is sustained progress over time. “Disciplemaking is sticking with people until they get it.” There is a difference between impact and influence.

#### **III. Two Practices of Slow Disciplemaking**

1. We go slow for excellence - Daniel 6:3/ 1 Cor 14:12/Mark 7:37

Oswald Chambers: "We have to be exceptional in ordinary things, to be holy in mean streets ... and this is not learned in five minutes."

Shaker furniture: *Make every product better than its ever been done before. Make the parts you cannot see as well as the parts you can see. Use only the best of material, even for the most everyday items. Give the same attention to the smallest detail as you do the largest. Design every item you make to last forever.*

## **2. We go slow to love.**

Wendell Berry: Successful farming starts with a simple act: walk the land. "The gait most congenial to agrarian thought and sensibility is walking. It is the gait best suited to paying attention ... and most permissive of stopping to look or think. Machines, companies, and politicians run!"

Slowness is a virtue to a farmer because "The faster we go the less we see. As speed increases, care declines." This is why love is first "patient" (1 Cor 13:87). A farmer doesn't look only to enjoy the scenery but to study the land in order to care. By caring, the farm will flourish.

## **We walk deep.**

### **I. The Need for Depth.**

"Superficiality is the curse of our age... The desperate need today is not for a greater number of intelligent people, or gift people, but for deep people." Richard Foster

Saddest verse in the Bible — Judges 2:7-12

Like deeply rooted plants that can withstand drought, wind, and storms so depth is our lives is evidenced in trials. A deep person is a time-tested person who remains steadfast to the Lord.

### **II. Disciplemaking for Depth: Lessons from a dental hygienist.**

Heart - We need inspiration.

Head - We need information.

Hand - We need practical helps. The “with him principle.”

Helps - We need accountability.

Habits - We need to be groovy.

### **III. The chicken coop**

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You can order copies of *Walk With Me* at [moody publisher.com](http://moodypublisher.com).