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# Two-Minute Drill



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## Hurry Up

Has something like this ever happened to you...

Out of the blue, my fourteen-year-old daughter came to talk to me, which was inexplicable behavior; but welcomed. I had been wanting to spend more time with her, as it seemed that as of late we had been merely passing each other in the hallway.

She wanted to discuss an upcoming party that she sort of wanted to go to, but not really, and how could she get out of it without hurting anyone's feelings even though she didn't really want to go in the first place. She described the other kids who would be there and detailed the baffling inter-connections of teenage friendship, feuds and budding romance. She talked about how she might regret not going, but at the same time how sure she was that the party would be boring and a waste of her Saturday. She rattled on and on about this earthshaking issue in her life.

I remember thinking, "Would you please hurry up. I want to spend time with you."

An old Chinese proverb says, "If you are in a hurry you will never get there." Which always seemed illogical to me...until that moment.

Prepare for a Two Minute Drill\*: take a moment to clear your head, release your thoughts, and quiet your mind.

Consider the quote, *"Don't be in a hurry, because anything left unlived will pull you back again."*

Do I know how to stop hurrying?

### Ask yourself:

What can I take my time doing today that I normally hurry to get done?

In what way is "hurrying" helping me live my life, and in what ways has it distracted from life?