



**Sermon Notes**  
**“Unhurrying Your Life”**  
**Luke 21:25-36**  
**By Dr. Bob Lee**

**Key Verse:** “When these things begin to take place, stand up and lift up your heads, because your redemption is drawing near.” (Luke 21:28, NIV)

**Quote:** “Hurry is the great enemy of spiritual life in our day.” — John Mark Comer in *The Ruthless Elimination of Hurry*

**Four Practices for Unhurrying Your Life:**

- **Silence & Solitude**
- **Sabbath**
- **Simplicity**
- **Slowing**