

The Watford Word

www.watfordchurchofchrist.org

What's on

*Wednesday 07 May, 8 PM -
"Seed to Harvest" - outreach
equipping series*

Sunday 11 May: 10:30 AM.

Stefan speaking.

Sunday 18 May: 10:30 AM.

Church service.

Sunday 25 May: 10:30 AM. Malcolm speaking.

Sunday 01 June: 10:30 AM. Church service

**Monday 02 June: Mentoring training (NOTE
change of date)**

Sunday 08 June: 10:30 AM. International Service

**Sunday 06 July: Outdoor service hosted by the
Thames Valley churches of Christ**

Monday 7th July: Mentoring training

**Sunday 20 July: 10:30 AM. Dr Rolan Monje is our
visiting speaker from the Manila ICOC.**

**Sunday 27 July: 1PM - Dorset church service and
beach party**

Monday 1st September: Mentoring training

3-5 October: Young Professionals' retreat



1. Head to our JustGiving page: https://www.justgiving.com/campaign/tms2025?bbeml=tp-9IMJeUUekU-cjvCMJ6JtGg.jz48-bTt8IEmoIioo7_ntrg.rc8Ar_hmPU2FmwvFzSgOCg.liUzAJETudUuscu3c_vUoFuW

2. Can't make the walk? Feel free to support someone else or make a donation. Just £30 could help pay for a housing advice session.

Questions? events@hopeworldwide.org.uk

Breaking the Hurry Habit

Reflecting on a video by John Ortberg I watched recently, a simple but piercing truth struck me: *hurry is a symptom*. It's also a habit—but more than that, it's a signal. The deeper question is, *what is hurry trying to achieve?* And what is it trying to cover?

As I sat with that thought, I realised: behind my hurry, there's anxiety. That anxious drive to do more, be more, prove more. It's subtle, but it's real. And I suspect I'm not alone. In his book *The Life You've Always Wanted*, Ortberg famously says, "Hurry is the great enemy of spiritual life in our day." It's not just about being busy.

Jesus was not in a hurry

Jesus was busy. The difference is that Jesus was never *hurried*. He moved with intention, but always from a place of peace. Have you ever felt deeply loved by someone as they hurriedly flash in and out of your life? I think not. Love and hurry are mutually exclusive. Again, Jesus was busy, but the people around him felt deeply loved - because he was not in a hurry. So I've started to ask myself some questions:

- What's motivating my hurry?

HOPE Sponsored Walk

A message from HOPE worldwide UK

Ready to do something unforgettable this summer? Mark your calendar for Saturday, 5 July 2025 – because "Two Million Steps for Two Step" is back, and we'd love for you to join us!

What is "Two Million Steps for Two Step"?

It's a sponsored walk that raises funds to help house and support people who are homeless in London. Every pound you raise will benefit our Charity Housing Service, which helps people referred by night shelters, day centres, and other charities find suitable housing.

How do I sign up?

Charity number : 1207942

The Three Counties Churches of Christ

- Are these motivations rooted in my personality, or have I picked them up from societal expectations and church culture?
- Am I confusing spiritual urgency with spiritual anxiety?

The antidote to anxiety is trust

When Paul writes to the Philippians, he says, "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God" (Phil 4:6). The antidote to anxiety isn't more activity—it's trust. It's a reorientation of the heart.

If I can identify the underlying anxieties that drive me to hurry—fear of not being enough, fear of disappointing others, fear of missing out—then, with the Holy Spirit's help, I can begin to loosen their grip.

There's a process here worth naming

1. Identify the drivers that push us toward hurry.
2. Discern the false beliefs behind those drivers—beliefs that run counter to the spirit of Christ.
3. Observe the damage that hurry does to our soul, our relationships, our ministry.
4. Establish new habits and disciplines—practices that slow us down and lead us toward peace, presence, and contentment.

This isn't about swinging to the opposite extreme and becoming complacent. It's about finding a new rhythm—one shaped by grace, not pressure. As Jesus said, "Come to me, all you who are weary and burdened, and I will give you rest" (Matthew 11:28). Rest is not a luxury. It's a command, a gift, and a path to wholeness.

Reflection Questions

- Where do you notice hurry showing up for you?
- What fear or belief might be fuelling it?
- What would change if you trusted God more fully in that area?

A Suggestion

Take time to slow down. Pause in prayer. Ask the Holy Spirit to show you the motivations behind your hurry. Then ask for help in trading anxiety for peace—and hurry for holy presence.

Your (slightly-less-hurried) brother, Malcolm

The Ortberg video can be found here: <https://youtu.be/GWspKRnVJ2Q?si=c9O2lH14jj5101Kx>

Watford Contribution Details

Church bank account: Three Counties churches of Christ HSBC

Sort Code: 401915

Account Number: 04759613

This Week's Quiz

Any ideas what this is called, which king it is connected with, and how it connects to Scripture? Answers next week



Answers to last week's quiz

Jewish men wear this Yarmulke or Kippah. It represents God's authority and is often worn during synagogue service, prayer and Scripture study. The word 'kippah' may originate from two Aramaic words meaning 'king' & 'fear'.



The example in the picture was given to me when I went to a synagogue for the bar mitzvah of the son of one of Penny's colleagues.

Watford Media

