

HURRY SICKNESS

Take a few moments to truthfully answer the following questions from Kevin DeYoung's Crazy Busy. What are your responses telling you about busyness in your own life?

Am I Suffering with "Hurry Sickness"?

- 1. Do you regularly work thirty minutes a day longer than your contracted hours?**
[What does that have to do with anything? I have a lot to do, so I work a lot of hours.]
- 2. Do you check work e-mails and phone messages at home?**
[Are you serious? Have you been around much this millennium?]
- 3. Has anyone ever said to you, "I didn't want to trouble you because I know how busy you are"?**
[Of course! And I'm glad they have the decency to respect my time!]
- 4. Do your family or friends complain about not getting time with you?**
[Well, I wouldn't call it complaining per se. They're still learning that quality time is more important than quantity time.]
- 5. If tomorrow evening were unexpectedly freed up, would you use it to do work or a household chore?**
[Uh, yeah. Were you going to do it for me?]
- 6. Do you often feel tired during the day or do you find your neck and shoulders aching?**
[Mountain Dew, ibuprofen, not a problem.]
- 7. Do you often exceed the speed limit while driving?**
[Depends on whether I'm trying to eat French fries at the same time.]
- 8. Do you make use of any flexible working arrangements offered by your employers?**
[Definitely. I work at home. I work in the car. I work on vacation. I can pretty much work anywhere.]
- 9. Do you pray with your children regularly?**
[I never turn them down when they ask.]
- 10. Do you have enough time to pray?**
[I'm more of a "pray continually" kind of person. I don't need to set aside specific times to pray because I'm always in communion with God.]
- 11. Do you have a hobby in which you are actively involved?**
[Does Pinterest count?] [NO!--that's from me.]
- 12. Do you eat together as a family or household at least once a day?**
[More or less. When one person is eating, someone else is usually in the house at the same time.]