

AN INVITATION TO UNHURRY

Life today moves at breakneck speed. Our calendars are packed, our phones buzz constantly, and our minds rarely slow down.

We live tired, distracted, and hurried. Hurry doesn't just leave us exhausted it pulls us away from what matters most. It damages our relationships, dulls our joy, and leaves us disconnected from God, from others, and even from ourselves.

||| ***But here's the good news:*** it doesn't have to be this way. The way of Jesus is different. His pace is slower, freer, lighter. He offers not just a new destination, but a new way of traveling through life, unhurried, present, and whole.

The UNHURRY YOUR LIFE Challenge is a 21-day journey to help you step into that better way. For the next three weeks, you'll carve out a few minutes each day to slow down, notice God's presence, and practice simple rhythms that create space for peace and renewal so that we can end this last quarter of 2025 more connected and present.

This isn't about adding another task to your already-full list. It's about subtraction, making room for what your soul really craves. If you lean in, even for a few minutes each day, you'll begin to notice a shift: less striving, more abiding. Less hurry, more presence.

How the Challenge Works

Each day you'll be guided through what we call **The Daily Pause**, a simple rhythm designed to anchor your heart and re-centre your soul. It doesn't take long, but it's powerful when practiced consistently.



HERE'S THE FLOW:

1. Find your spot

Choose a chair, corner, or place you'll return to daily. This becomes your "sacred space" for the next 21 days.

2. Read Scripture

Begin with the verse of the day. Read it slowly, maybe twice. Let it sink beneath the noise.

3. Reflect

Engage the short devotional thought and sit with the reflection questions. Don't rush through them but reflect and write down some key thoughts that come to you.

4. Breathe a Prayer

Pray the day's simple breath prayer throughout your morning, commute, or work. It keeps you connected in God's presence.

5. Practice the Prompt

Do the small daily action, a walk, a pause, a phone-free conversation. These practices turn reflection into real life.

6. Carry the Symbol

Each day has a tactile reminder (a stone, a sticky note, a drawing). These small anchors help you remember the truth you're learning.

7. End with Reflection

Before bed, pause with two simple questions: Where did I notice hurry today? Where did I notice God?

BEFORE YOU BEGIN

Take 5–10 minutes today to get ready for the journey:

- Pick your daily spot — a chair, corner, or even your car parked in the driveway.
- Gather a notebook or journal to jot down reflections and prayers.
- Set a daily alarm, choose a time in the morning and stick with it.
- Tell someone, invite a friend, spouse, or group to join you for encouragement.

WHAT WE HOPE HAPPENS

Over 21 days, as you practice The Daily Pause, our prayer is that you'll discover a new rhythm, one that feels lighter, freer, and more connected. You'll begin to notice more of God in ordinary moments, become more present with the people around you, and feel your soul breathe again.

The busyness of life may not disappear but you'll learn how to live differently within it. You'll taste the unhurried way of Jesus.

So take a deep breath. Find your spot. And let's walk this journey together.

Remember: If you skip a day, don't worry - just start up again the next day. This isn't about perfection but rather about becoming present.

WEEK
1

WHEN HURRY HURTS

Hurry is a symptom of deeper soul sickness, it disconnects us from God, people, and ourselves. This week is about becoming aware of the cost of hurry. We'll slow down long enough to notice how hurry has shaped us and begin creating space for God's presence through stillness, quiet, and renewal.

Day 1 • Stillness

SCRIPTURE

"Be still, and know that I am God."
Psalm 46:10

**Reflection:**

Hurry convinces us that everything depends on us, but stillness reminds us everything depends on God. Slowing down is not weakness it's trust. Stillness is the soil where awareness of God grows.

Pause Prompt:

Where in my life do I feel most rushed?

What would it look like to invite God into that space today?

Breath Prayer:

INHALE: 'Be still...' **EXHALE:** '...and know that I am God.'

Practice:

Take 3 minutes of silence before you look at your phone this morning.

Symbol of the Day:

Carry a small stone in your pocket. Each time you feel it, pause and breathe.

Evening Reflection:

Where did I notice hurry today? Where did I notice God's presence?

Day 2 • Rest

SCRIPTURE

“Come to me, all you who are weary and burdened,
and I will give you rest.”
Matthew 11:28



Reflection:

Weary souls don't need more effort; they need rest. Jesus doesn't demand more from us. He offers rest for us. Real rest isn't escape, it's restoration.

Pause Prompt:

Where do I feel most tired right now — physically, emotionally, spiritually?

What would it look like to let Jesus carry that burden today?

Breath Prayer:

INHALE: ‘Come to me...’ **EXHALE:** ‘...and I will give you rest.’

Practice:

Schedule a 10-minute break today where you do nothing but sit with God.

Symbol of the Day:

Write the word ‘Rest’ on a sticky note and place it where you’ll see it often.



Evening Reflection:

Did I allow myself to rest with God today, or did I resist it?

Day 3 • Rhythm

SCRIPTURE

"There is a time for everything, and a season
for every activity under the heavens."
Ecclesiastes 3:1



Reflection:

Life has rhythms: work and rest, speaking and silence, moving and stopping. Hurry ignores those rhythms, but wisdom is learning to honor them. When we align with God's timing, we flourish.

Pause Prompt:

Where am I fighting against the natural rhythms God created?

What is one rhythm I can step back into today?

Breath Prayer:

INHALE: 'Teach me...'
EXHALE: '...Your rhythms of grace.'

Practice:

Take one task today and do it without multitasking — just one thing at a time.

Symbol of the Day:

Wear a watch or bracelet — let it remind you that time is a gift, not a tyrant.



Evening Reflection:

Where did I notice God's rhythm today? Where did I resist it?

Day 4 • Quiet

SCRIPTURE

“Come with me by yourselves to a quiet place
and get some rest.”
Mark 6:31



Reflection:

Jesus regularly withdrew from the noise. Quiet isn't empty, it's full of God's presence. Without it, our souls can't breathe and our hearts can't listen.

Pause Prompt:

When was the last time I was truly quiet before God?

What noises am I letting drown out His voice?

Breath Prayer:

INHALE: 'Your voice...' **EXHALE:** '...is my peace.'

Practice:

Spend 5 minutes today sitting in silence. No music, no agenda, just breathing with God.

Symbol of the Day:

Light a candle in your home. Let it remind you that God speaks in the quiet.



Evening Reflection:

Did I make space for quiet today? What did I hear in the silence?

Day 5 • Enough

SCRIPTURE

"The Lord is my shepherd, I lack nothing."

Psalm 23:1



Reflection:

The lie of hurry is that we are never enough and never have enough. But with God as our Shepherd, we already have all we need. Contentment comes not from more but from trusting His care.

Pause Prompt:

Where do I feel like I'm not enough right now?

How is God inviting me to rest in His 'enough'?

Breath Prayer:

INHALE: 'You are...' **EXHALE:** '...my Shepherd.'

Practice:

Pause three times today and whisper, 'I have enough because God is enough.'

Symbol of the Day:

Keep an empty cup on your desk. Let it remind you that God is the one who fills you.

Evening Reflection:

Where did I feel 'not enough' today, and how did God meet me there?

Day 6 • Presence

SCRIPTURE

“Martha, Martha,” the Lord answered, “you are worried and upset about many things, but few things are needed — or indeed only one.”
Luke 10:41-42



Reflection:

Hurry fills our days with many things, but Jesus says only one thing matters: His presence. Worry fades when we slow down enough to notice He is with us.

Pause Prompt:

What ‘many things’ are pulling at my attention today?

What would it look like to choose the ‘one thing’?

Breath Prayer:

INHALE: ‘Only one thing...’ **EXHALE:** ‘...is needed.’

Practice:

Today, put your phone away during one conversation. Be fully present.

Symbol of the Day:

Look someone in the eyes for a full 10 seconds today. Notice them.



Evening Reflection:

When was I most present today? When was I most distracted?

Day 7 • Renewal

SCRIPTURE

“But those who hope in the Lord
will renew their strength.”
Isaiah 40:31



Reflection:

Hurry depletes; God renews. Renewal doesn't come from pushing harder but from placing our hope in Him. When we slow down and trust, He fills us with new strength.

Pause Prompt:

Where do I most need renewal right now?

What does it mean to hope in God instead of myself?

Breath Prayer:

INHALE: 'My hope...' **EXHALE:** '...is in You.'

Practice:

Take a 15-minute walk today without headphones. Let it be a walk of renewal.

Symbol of the Day:

Find a feather, leaf, stick or simple reminder of nature. Carry it with you as a sign of God's renewing power.



Evening Reflection:

Where did I feel renewed today?
Where do I still need God's strength?

WEEK
2

THE TYRANNY OF THE TO-DO LIST

Your identity is not in what you do, it's in who you are. Productivity is not your purpose. This week we'll break free from the lie that our worth is found in what we produce, learning instead to rest in our identity as God's beloved and to reorder our lives around Him.

Day 8 • Identity

SCRIPTURE

"For we are God's workmanship, created in Christ Jesus to do good works."
Ephesians 2:10



Reflection:

We live in a culture that constantly tells us we are only as valuable as what we produce. But God calls us His masterpiece — already loved, already chosen, already enough. Your identity is not in your output but in your Creator.

Pause Prompt:

Where do I feel pressure to prove my worth?

What would it mean to live today as God's masterpiece?

Breath Prayer:

INHALE: 'I am...'
EXHALE: '...God's workmanship.'

Practice:

Write down three qualities about yourself that reflect God's image (not accomplishments).

1. _____
2. _____
3. _____

Symbol of the Day:

Draw a fingerprint on a card or sticky note — a reminder of your unique design.

Evening Reflection:

Where did I live from identity instead of performance today?

Day 9 • Dependence

SCRIPTURE

“I am the vine; you are the branches...
apart from me you can do nothing.”
John 15:5



Reflection:

We often believe everything rests on our effort. But Jesus reminds us that real fruit doesn't come from striving, it comes from staying connected. Dependence isn't weakness, it's the way we were designed to live.

Pause Prompt:

Where am I relying on my own strength instead of God's presence?

How can I lean into His power today?

Breath Prayer:

INHALE: 'Remain in me...' **EXHALE:** '...and I in you.'

Practice:

Pause before beginning a task today and pray, 'God, I depend on You for this.'

Symbol of the Day:

Keep a small leaf or branch nearby as a reminder that you are connected to the Vine.



Evening Reflection:

Did I notice fruit from my connection with Jesus today?

Day 10 • Freedom

SCRIPTURE

“I have been crucified with Christ and I no longer live,
but Christ lives in me.”
Galatians 2:20



Reflection:

The trap of productivity is that it enslaves us to proving ourselves. But the cross sets us free. Christ in us means we no longer have to strive for acceptance, we already have it.

Pause Prompt:

Where am I living to impress others?

What would it feel like to live free in Christ today?

Breath Prayer:

INHALE: ‘Christ lives...’ **EXHALE:** ‘...in me.’

Practice:

Do one thing today without worrying about who notices.

Symbol of the Day:

Wear a bracelet or band as a reminder that you’re bound to Christ, not to performance.



Evening Reflection:

Where did I experience freedom today?

Day 11 • Beloved

SCRIPTURE

"You knit me together in my mother's womb."
Psalm 139:13



Reflection:

Before you ever did anything, God called you beloved. You were designed in love, with intention and care. Your belovedness is not something you earn; it is who you are.

Pause Prompt:

Do I believe I am God's beloved?

What would change if I lived from a place of worth from God?

Breath Prayer:

INHALE 'I am...' **EXHALE** '...God's beloved.'

Practice:

Speak one kind truth to yourself today when you feel inadequate.

Symbol of the Day:

Wear or carry something with a heart on it to remind you of God's love.



Evening Reflection:

Where did I feel loved today?

Day 12 • Reorder

SCRIPTURE

“But seek first his kingdom and his righteousness...”
Matthew 6:33



Reflection:

Hurry convinces us that everything must be urgent. But Jesus calls us to reorder our lives, not around urgency, but around His kingdom. When we do, everything else finds its place.

Pause Prompt:

What is at the center of my priorities right now?

How can I seek God first today?

Breath Prayer:

INHALE: ‘Seek first...’ **EXHALE:** ‘...His kingdom.’

Practice:

Do your first task today prayerfully, offering it to God.

Symbol of the Day:

Draw a simple circle with God at the center — let it remind you to reorder.



Evening Reflection:

Did my priorities reflect God’s kingdom today?

Day 13 • Trust

SCRIPTURE

He who began a good work in you
will carry it on to completion.”
Philippians 1:6



Reflection:

Hurry is fueled by fear that the work won't get done. Trust is knowing God finishes what He starts. Your life is safe in His hands, and His timing is perfect.

Pause Prompt:

What am I rushing to finish, that I need to trust God with?

Where do I need to loosen control?

Breath Prayer:

INHALE: 'You began...'
EXHALE: '...You will complete.'

Practice:

Write one unfinished worry and pray over it, asking God to carry it.

Symbol of the Day:

Tie a loose knot in a string or ribbon — a reminder to release control.



Evening Reflection:

Where did I trust God with unfinished things today?

Day 14 • Mindset

SCRIPTURE

"Be transformed by the renewing of your mind."
Romans 12:2



Reflection:

The world tells us busyness equals success. But God renews our thinking so we can see with kingdom eyes. A new mindset frees us to live at a different pace.

Pause Prompt:

What thought patterns keep me trapped in hurry?

What new way of thinking is God inviting me into?

Breath Prayer:

INHALE: 'Renew my mind...'
EXHALE: '...by Your Spirit.'

Practice:

Replace one negative or hurried thought today with God's truth.

Symbol of the Day:

Write one truth on a card and carry it with you as a 'renewed mind' reminder.



Evening Reflection:

What thought was renewed in me today?

WEEK
3

A BETTER PACE and THE REBEL PRACTICE

God grows us through abiding, not striving. Sabbath is not passive, it's an act of defiance against hustle, control, and self-reliance. This week is about stepping into God's rhythms of abiding and Sabbath, choosing to stop, rest, and trust His care while walking at His pace.

Day 15 • Abide

SCRIPTURE

"Remain in me, as I also remain in you."
John 15:4



Reflection:

God doesn't ask us to strain harder but to stay closer. Abiding means living in connection with Him all day long. It's about presence, not performance.

Pause Prompt:

Where do I struggle to remain with Jesus?

How can I stay connected to Him in the middle of ordinary life?

Breath Prayer:

INHALE: 'Remain in me...' **EXHALE:** '...and I in You.'

Practice:

Take a short walk and pray with each step: 'Here I am with You.'

Symbol of the Day:

Keep a leaf or branch nearby as a reminder of the Vine.



Evening Reflection:

When did I sense God's presence today?

Day 16 • Stop

SCRIPTURE

Jesus said to them, "The Sabbath was made to meet the needs of people, not people to meet the requirements of the Sabbath. So the Son of Man is Lord, even of the Sabbath!"

Mark 2:27-28



Reflection:

Sabbath is the weekly practice of stopping. It's not about what you accomplish but about trusting God to run the world without you. Stopping is a spiritual declaration: 'I am not God.'

Pause Prompt:

Why is it so hard for me to stop?

What would stopping look like for me today?

Breath Prayer:

INHALE: 'God runs...' **EXHALE:** '...the world, not me.'

Practice:

Take a 30-minute block today and stop working. Do something restful instead.

Symbol of the Day:

Set down your phone face-down for one intentional break.



Evening Reflection:

Where did I stop today? How did it feel?

Day 17 • True Rest

SCRIPTURE

“Truly my soul finds rest in God.”
Psalm 62:1



Reflection:

Many things promise rest, but leave us empty. True rest is found only in God, who refreshes our souls. Sabbath rest is more than a day off, it's a Person.

Pause Prompt:

What do I usually turn to for rest that doesn't satisfy?

How can I rest in God today?

Breath Prayer:

INHALE: 'My soul...' **EXHALE:** '...finds rest in You.'

Practice:

Choose one restful activity today that draws you closer to God.

Symbol of the Day:

Carry a pillow, blanket, or soft object nearby as a tactile reminder of rest.



Evening Reflection:

What refreshed me most deeply today?

Day 18 • Today

SCRIPTURE

“Do not worry about tomorrow...
Each day has enough trouble of its own.”
Matthew 6:34



Reflection:

Hurry drags us into tomorrow before we finish today. But God meets us in the present moment. Freedom comes when we live one day at a time.

Pause Prompt:

What worries about tomorrow are stealing my today?

How can I be more present now?

Breath Prayer:

INHALE: ‘This is the day...’ **EXHALE:** ‘...the Lord has made.’

Practice:

Spend 5 minutes noticing your surroundings — sights, sounds, smells.

Symbol of the Day:

Wear a watch or bracelet as a reminder to live in the present.



Evening Reflection:

Where was I most present today?

Day 19 • Sabbath

SCRIPTURE

“There remains, then, a Sabbath-rest
for the people of God.”
Hebrews 4:9



Reflection:

Sabbath isn't a suggestion, it's a gift. It's the rebel practice of saying no to hurry, no to striving, no to control. Sabbath is declaring that rest is resistance.

Pause Prompt:

How do I usually spend my 'day off'?

What would real Sabbath look like for me?

Breath Prayer:

INHALE: 'Your rest...' **EXHALE:** '...is my gift.'

Practice:

Plan one block of Sabbath rest this week — unplug, slow down, delight in God.

Symbol of the Day:

Light a candle and let it burn during your Sabbath practice.



Evening Reflection:

Where did I taste Sabbath rest today?

Day 20 • Light Yoke

SCRIPTURE

“Take my yoke upon you...
my yoke is easy and my burden is light.”
Matthew 11:29-30



Reflection:

We often carry burdens God never asked us to carry. Jesus invites us to lay them down and take up His way, lighter, freer, kinder.

Pause Prompt:

What heavy load am I carrying right now?

How can I release it to Jesus today?

Breath Prayer:

INHALE: ‘Your yoke is easy...’ **EXHALE:** ‘...Your burden is light.’

Practice:

Write one burden on a piece of paper and tear it up as a prayer of release.

Symbol of the Day:

Loosen your fists three times today as a reminder to let go.



Evening Reflection:

What burden did I release today?

Day 21 • Newness

SCRIPTURE

"I am making everything new!"
Revelation 21:5



Reflection:

The end of this challenge isn't a finish line, but a beginning. God is making you new, giving you new rhythms, a new pace, a new way of life. Don't return to hurry; step into the unhurried way of Jesus.

Pause Prompt:

What new rhythm do I want to carry beyond these 21 days?

How is God inviting me to keep walking at a better pace?

Breath Prayer:

INHALE: 'You make...' **EXHALE:** '...all things new.'

Practice:

Write down one practice from these 21 days you will continue.

Symbol of the Day:

Keep a small token (stone, leaf, note) as a reminder of this journey.



Evening Reflection:

How has my life been renewed over these 21 days?

KEEP WALKING the Unhurried Way



Over 21 days you've learned to pause, reflect, and walk at a better pace. Choose one or two practices to continue daily. You'll notice more of God, more presence with people, and more peace in your soul.

SCRIPTURE TO CARRY FORWARD

“Come to me... my yoke is easy and my burden is light.”
Matthew 11:28-30

Resources for the Journey

Your journey doesn't end here. If you want to keep practicing the unhurried way of Jesus, here are some helpful resources to guide you further:



SONG:

- Slow me Down — Charles Weems



BOOKS:

- The Ruthless Elimination of Hurry — John Mark Comer
- The Life You've Always Wanted — John Ortberg
- Emotionally Healthy Spirituality — Pete Scazzero
- Sacred Rhythms — Ruth Haley Barton



PODCASTS:

- Fight Hustle, End Hurry (John Mark Comer & Jefferson Bethke)
- Emotionally Healthy Leader (Pete Scazzero)
- Strengthening the Soul of Your Leadership (Ruth Haley Barton)



OTHER PRACTICES:

- Try a weekly Sabbath rhythm: stop, rest, delight, and worship.
- Begin a daily practice of silence and solitude.
- Stay encouraged by walking this journey with a friend, small group, or community.





Gracegate Centre
42 Parkway Drive
Sunnynook
Auckland

09 914 2999

info@gracegate.org.nz

www.gracegate.org.nz

   [gracegatecentre](#)