

"The Overload Syndrome"

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Notes By Dave Kraft

People are breaking the speed limit of life. I feel like a minnow in a flash flood (11) Our world was like a pin ball machine (13) Having space between our LOAD and our LIMIT (15) Without margin we are: chronically exhausted, chronically late, chronically rushed (18) Limits and load are not the enemy, overload is (28) It's OK with him if I am not all things, to all people all the time, by myself (37)

There are only so many details that can be comfortably managed in anybody's life (43) We sit at the beginning of a universal "connectivity" unprecedented in human history...the absence of hiding places (51) The concept of unrestrained reachability (52) I'm dying of easy accessibility (53) The people with the most "time-saving technologies" are the same people with the highest blood pressure and fastest pulse (55) The average middle manager in America, according to one study, is interrupted 74 times a day (59) It is solitude and solitude alone that opens the possibility of a radical relationship with God that can withstand all external events up to and beyond death...I don't know of any answer to busyness other than solitude -Dallas Willard (63)

Driven people feel that if they are not busy, they are not of value...the tighter the schedule, the better they feel about themselves and their achievement (67) Live as simply and as slowly as needed...if we have more to do than we can possibly do then we must choose (68) Don't saturate your schedule (69) An unexamined life will drift toward imbalance (71) The only trouble with success is that the formula for achieving it is the same as the formula for a nervous breakdown-C Swindoll (73)

Change has given birth to an unprecedented stress epidemic that has taxed our capacity for adaptation (73) Unless we quickly learn to control the rate of change in our personal life as well as in society, we are doomed to a massive "adapational breakdown" (74) 50% of all we taught you is wrong announced the President of Harvard Medical School at commencement, "the trouble is, we don't know which 50% (137) Our philosophy is not best expressed in words, but in the choices we make In Tolstoy's War and Peace-taking possessions off the carts and putting people on (169) Someone has described a modern American: "as a person who drives a bank-financed car over a bond-financed highway on credit card gas to open a charge account at a department store so he can fill his savings and loan financed home with installment -purchased furniture." (98)

We are afflicted with Affluenza that turns the good life into the goods life (162) America, the land of the "rushed"-we send packages by Federal EXPRESS, use a long distance company called SPRINT, manage our personal finances on QUICKEN, schedule our appointments on a Day-RUNNER, diet with slim FAST, and swim in trunks made by SPEEDO. We live in a nonosecond culture wheezing and warn-out (124) Is there a speed limit to life? When we exceed it, does God give us a ticket? I have come to believe that speed is as much responsible for the problem of personal and societal dysfunction as any other single factor

Our sense of the presence of God is in inverse proportion to the pace of our lives (125) We are a nation of the hard-wired and dog-tired . Too many of us have gone AWOL (American Way Of Life) (126) when John Ortberg joined the staff of Willow Creek he asked a wise sage for advice, "You must ruthlessly eliminate hurry from your life" How simple, difficult and ruthless it is (129 The concept of Chronos (linear, clock, measurable) and Kairos (event-conscious, life-focused and meaning-sensitive time, significant, meaningful, vertical, quality (130) -Watching the clock is not the same as watching the sunrise If we will not recover the discipline of waiting, God is under no moral obligation is speed up his timetable to accommodate our urgency (133)

At least 22 organizations exist for the soul purpose of pre-or post-burnout counseling for Pastors (181) At the deepest level of our spirit, life always flows smoother if we agree with God's definitions (183)

Beware of the "electronic leash" (184) Volume has displaced value (198)

Living without relational regrets (204)

LOAD LIMIT Universal "connectivity"; AWOL (American Way of Life) unrestrained reachability-easy accessibility

"adapational breakdown"; Chronos and Kairos

Affluenza; Electronic leash, relational regrets