



Podcast Guest: Gem and Alan Fadling
<https://www.unhurriedliving.com/>



“Hurry is costing you more than you realize. We’ll help you live an unhurried life.”

Vision: We inspire Christian leaders around the world to rest deeper so they can live fuller and lead better.

Purpose: We resource busy people so they can rediscover the genius of Jesus’ unhurried way of life and leadership.

Mission: We provide content and training that helps people lead from fullness rather than leading on empty. We help leaders walk and work *with* God, instead of serving at a distance. We do this by...

- *Living* all that we are learning so we share with others from experience and wisdom.
- *Developing* digital, print and video content that encourages the practices of an unhurried life.
- *Training* people in Jesus’ unhurried way of living and leading.

Many leaders are hurried, and hurry is costing them more than they realize. We provide resources and training to help people become present and learn to lead from fullness rather than leading on empty. They experience life and work becoming more productive, more sustainable and more satisfying.



Opening of Podcast: p. 1, *What Does Your Soul Love?*

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Slow—It's okay for things to take time. We can be efficient and productive in our outer life, but our souls can only go so fast. In North America, slow is a countercultural word. There is nothing good about slow in the eyes of this fast-moving, go-go-go culture. Yet our soul can only move as fast as the speed of transformation. Transformation takes time. So it is good to accept that and allow the inner pace of our lives to move at that speed.

Introduce Gem and Alan

Living an Unhurried Life

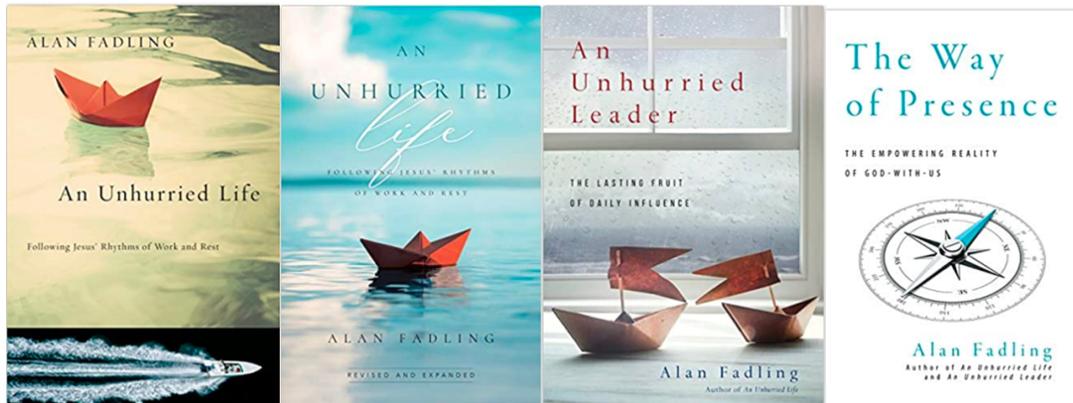


Bio:

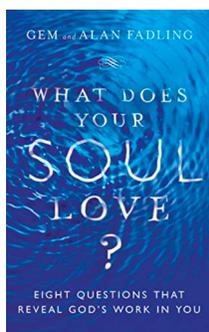
Gem is a founding partner of Unhurried Living, Inc., a non-profit that trains leaders to overcome hurry and live intentionally. A trained spiritual director, formation coach, and retreat leader, she enjoys serving as a guide, helping people engage the process of transformation. Gem is the author of [What Does Your Soul Love? Eight Questions That Reveal God's Work in You](#) (IVP 2019).

Alan, (MDiv), serves as a frequent speaker and consultant with local churches, national organizations and leaders internationally. His content is approachable, usable and transferable. He shows leaders how to get perspective so their leadership flows from a full soul and out of healthy rhythms of rest and work. A trained Spiritual Director, Alan is author of [An Unhurried Life](#) (IVP 2013) and [An Unhurried Leader](#) (IVP 2017)

Books:



What Does Your Soul Love: Eight Questions That Reveal God's Work in You

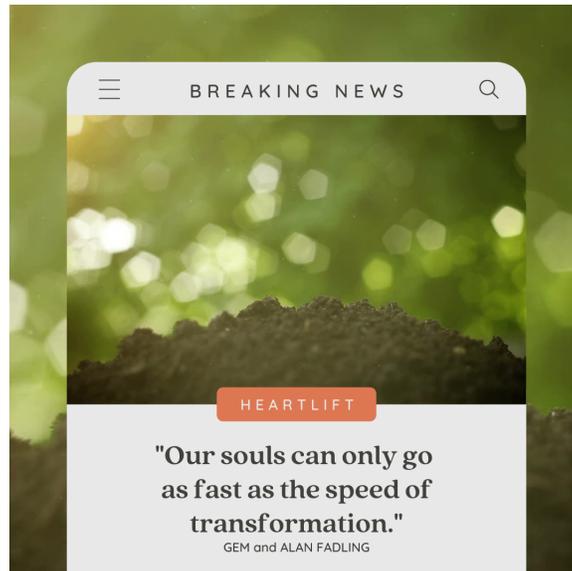


Podcast Theme: What Does Your Soul Love?

Eight Questions:

1. Desire: *What do you really want?*
2. Resistance: *What is getting in your way?*
3. Vulnerability: *Where are you hiding?*
4. Truth: *What is most real to you?*

5. Pain: *How are you suffering?*
6. Fear: *What are you afraid of?*
7. Control: *What are you clinging to?*
8. Joy: *What does your soul love?*



Possible Questions.

1. Your ministry/work/writing stands on “unhurried living” and “unhurried leadership.” ***It’s a way of being in the world. It’s a way of leading in the world.***
 - a. Can you share what this “looks like” to my community. You have deeply “re-structured” my life and I am so very happy to have you now invite my community into “unhurried living.”
 - b. It’s been a year + living in a global pandemic. I’m most eager to hear from your wisdom concerning any “how’s” or “what’s” or “whys” of learning to live a new normal. Personally, we’ve been shockingly invited into “lockdown” and “quarantine” and maybe an “unhurried physical/external/activity-driven life,” yet, I am not seeing a change in living an “unhurried emotional/spiritual/inner life?” Correct me, please, but have you noticed this? And if so, why do you think that is?
2. In *What Does Your Soul Love?* You compare “sea lilies” with desire? (p.16) Can you share your thoughts on this with us?

a. How does “want” differ from “desire?”

The bottom of the ocean is hidden to most of us but, as we've discovered, it contains beauty and life. Just as God created the ocean and everything in its depths, he sees and knows those deep places within us, even if we don't see or know what's happening there. What would it be like for you to go on your own spiritual submersible exploration to glimpse what is in your deepest levels of desire?

You may not have the ability right now to see, discern, or enjoy what lies in those depths. However, as you are ready, God may give you the vision to see what is there, what he has created, what he has been nurturing. There are aspects of

you that, although hidden, are no less beautiful or valuable.

As you dive into the deep level of desire, let this add to your understanding of how much God loves you. The ocean of God's love is enormous. It is good to feel the grandness of that at times, as it can give a sense of freedom. God's love is greater than you can imagine.

The creatures in the ocean depths remind us that there is unfathomable beauty in the deepest and darkest of places. Sometimes it is fear that keeps us from looking deeper. We are afraid we will find something unknown or even ugly. But it is in this deeper level that we also find hidden beauty. Stay

3. In your years of vast experience with helping men and women “dive into the depths,” what common obstacles or hindrances have you met that seem to keep us from “diving into the depths of our soul.” Why do so many of us “seemingly” avoid “inner work?”

When we are in a hurry, our desires seem to spin out of control. Hurry creates a centrifugal dynamic that can pull us away from the vital center David seeks. Hurry can cause us to feel as though we don't have a home, a safe, stable, secure place to stand. But the Lord invites us to be at home *in* him. In a world that feels so gaudy, garish, and brash in its depiction of what's attractive, we're grateful for the simple invitation to gaze on the Lord's eternal beauty. At a time when the holy seems the last thing on our culture's mind, we are invited to seek the Lord in his temple.

4. Alan, I've heard you say, “Presence is learning how to bring who I am into God's presence.” You've also said, “I wasn't quite sure **certain emotions were allowed in anyone's presence, let alone God.** I know MANY feel this way. Me? I wasn't even aware I was allowed to *have emotions*. It isn't something that my theological upbringing taught *at all*. We know call this lack of training, “spiritual bypassing.”
- Can you inform/instruct listeners on the “how's” of “bringing who I am into God's presence.”
 - And maybe share an example or two of “what this looks like” in the reality of our fallen, very chaotic world?

Possible Closure.

IF POSSIBLE, could you share a meditative exercise with us?

