

21<sup>st</sup> March 2024

## Quick ...

**“My mistake has too often been that of too much haste. But it is not the people’s way to hurry, nor is it God’s way either. Hurry means worry, and worry effectually drives the peace of God from the heart.”**

James O Fraser, from *“Behind the Ranges: The life-changing story of J O Fraser”*  
by Geraldine Taylor

The first people to use the word “quick” weren’t thinking about speed! Christian worshippers will know the phrase “the quick and the dead” from *The Apostles’ Creed*. The phrase is from the New Testament, where the “Day of Judgement”, described as the time Jesus will return from heaven to judge everyone, will affect both “the quick and the dead”. The “quick”, therefore, aren’t people who move fast, but everyone who isn’t dead yet!

The word goes back to the Old English *cwīc* which has its roots in the Latin *vivere*, “to live”. Its original meaning is evident in other modern uses as well, such as “quicken” when it’s used to mean “to reach the stage of gestation at which fetal motion is felt.” (*Quick*, not surprisingly, therefore, also has an archaic meaning of “pregnant.”)

Years ago, when I was receiving Counselling, the methodology used was “Transactional Analysis”. One facet of that was identifying what were called “drivers” from childhood, learned attitudes which are so much part of adult life that we have no idea how powerfully they influence our behaviour, often “driving” us into patterns of life we are unable to control. I remember two I identified in myself. The first was “be perfect” – which I shall leave to one side for now. The other was “be quick” or “hurry up”, which has created in me a “driveness” that can often be quite destructive – seeing being quick as a norm for me, and expecting quickness from everyone else.

But “quick” needn’t be about driving forward, achieving, demanding a fast pace of life for me and others. If it’s simply about living, valuing being alive, do we need to “hurry up” to appreciate that? Maybe I should do more pondering about *that* kind of quickness, the true value of living, before I’m numbered among the dead. That should be quick enough for now, I think.

### A prayer for today

*Lord, please slow me down, so that I don’t drive your peace from my heart. Amen*

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