



When Life is Too Busy

9-26-18

Many of us struggle with being overly busy; in fact, we often schedule our lives without regard to the extent of our busyness. Many people believe that as Americans, this is just what we do.

Myths about Busyness:

1. Busyness equals importance.
2. Someone actually wins the rat race.
3. Hurry will buy you more time.
4. Down time equals wasted time.
5. Pushing others to hurry makes everyone successful.

Busyness and our model:

Mark 1:32-39 He got away.

Luke 5:15-16 He withdrew from the crowd.

Romans 12:2 Be different.

Genesis 2:1-3 The fallen modeled rest.

Love and hurry are fundamentally incompatible

Practical ideas:

1. Be intentional
2. Be spontaneous
3. Fun is healthy
4. Love is more than words
5. Live life now
6. Declare your home a “slow down zone” a peaceful refuse.

Questions:

How is hurry the enemy of these relationships?

- You and God
- You and your spouse
- You and your kids
- You and your friends

What affects have you seen busyness have on you personally and those you love?

What is it that makes you busy?

What would have to be done to create some priorities?

What changes do you need to make for the sake of your schedule?