



NOTES

[illegible]

CONNECT TIME

Do you find yourself complaining about being busy all the time?

Does your busyness prevent you from developing a closer relationship with God?

Are you always in a hurry?

Do you often or always rush from task to task?

Do you always eat quickly?

Are you always exhausted at the end of the day?



WORD

“Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.” (Romans 12:2-4)

Many of us aren't necessarily “out in the world” in rebellion against God, but neither are we on fire for Him! **We are just too busy with other things.**

What are the cares of the world that are crowding out our relationship with God?

Being a workaholic isn't directly comparable to worshipping idols. However, if the job takes up so much energy that it distracts from the relationship with Jesus Christ having predominance, then it could be considered idolatry.

Do you think you have a balanced life with enough rest and time for God's work?

We should view our employment or school as opportunities to advance the kingdom of God through our talents and finances. We should be very strategic in our approach and have a balanced life where we are more focused on Jesus Christ than on our vocation.

Anything obsessed about, other than God, is an idol. As Christians, we have to be very careful not to let the cares and allurements of the world distract us from our devotion to Christ. A workaholic is someone addicted to their work and rarely rest. He is constantly worried about the next task, assignment, report or project to finish.

1 Too busy to think about God?

One good test to know whether we are too focused on our jobs is to ask ourselves how much time we spend thinking about our jobs or school work when we are not actually at work or in school.

If more of our thoughts are centered on our jobs and work than on God, we may be in danger.

“If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth. For you have died, and your life is hidden with Christ in God. When Christ who is your life appears, then you also will appear with him in glory”. (Colossian1:3-4)

Even when involved in the seemingly mundane tasks of a job, our hearts should be turned to heaven. We should glorify God in all that we do. We should maintain a good work ethic in our employment by doing things as Christ would, with honor and to the best of our ability. As Paul reminded the Colossians,

“And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him” (Colossians 3:17).

This is a good prayer when we start our day.

“Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O Lord, my strength and my redeemer.” (Psalm 19:14)

What do you think about when you wake up in the morning?

Busy people never have time to meditate in their hearts on the Word of God.

2 Busyness in an issue of the heart

A great example of the consequences of busyness is showcased in Luke 10:38–42: (Ask someone to read the verses)

If we are honest, most of the time we resemble Martha more than Mary. We rush around doing “what needs to be done,” while missing the glimpses of Jesus all around us. As difficult as it is, and as contrary to our culture as it is, we must intentionally make the effort to slow down and model Mary because, as Jesus Himself said, “Mary has chosen what is better, and it will not be taken away from her.”

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” (Philippians 4:6–7)

We must be intentional about making time to rest in Jesus. *Let the phone ring, the chores can wait, and social media could use a break.* Those things are not eternal. Jesus is eternal. Let us make the effort to sit at His feet and enjoy Him rather than miss Him like Martha did because she was fussing over the dishes.

Isaiah 55:6 says, “Seek the LORD while he may be found; call on him while he is near.”

4 Prayer Points

Lord, I feel so busy lately. I pray you’ll help me remember what matters most in the midst of all I have to do... Give me eyes that see the needs of those around me. Give me ears that hear the meaning behind the words. Give me hands that reach out to make a difference. Give me a heart that beats in tune with Yours rather than with the clock on the wall. Remind me often that time is intended to be given not spent. And even in the midst of all my busyness, may I truly be about Your business. In Jesus name, Amen.