

UNDERSTANDING BUSYNESS

When life becomes so busy we can't get off, there's a problem! Many are caught up in this trap 'I can't sit still, I have to be doing something? I can't rest, I haven't had enough time' When our priorities are our occupation, socializing, sport etc & not on our spouse, family, loved ones or time for God But I go to Church you might say? Yes excuses are the norm but that doesn't deal with the problem, that's of course if you think you have a problem Ask yourself do others say 'You don't have time for us anymore?' or 'Your always so busy?'

Busyness is a sign of prestige, proof that we are valuable to the company or society Those that work 40 hours plus meal breaks & travel time, maybe overtime? There's not a lot of time left to do chores or tasks around the home The important things get put to the side our rest, play & creative time to just enjoy yourself & your family Unfortunately for many busyness is a security blanket called contentment We love being busy, we feel fulfilled, it becomes our god, we are in control so we think!

An Oxford Study found in relation to busyness They made a compelling claim that a busy & overworked lifestyle rather than a leisurely lifestyle has become a status symbol In other words the busier you look the more important you think you are 'I'm so busy' has become a status symbol in society We hear it all the time 'I would, help, if I wasn't so busy'

A Greek myth of Psyche he thought by being forced to roll a boulder up the hill, only to have it roll back down the other side, when he reached the top He has to chase, endure & strive to obtain what he is hoping to obtain But in the end finds no fulfillment only despair

We think busy people are ambitious people At least there not lazy! Not a bad thing right? Being too busy is a way of life, a culture You feel guilty if you're not busy doing stuff. (I remember a book entitled 'When I relax I feel guilty') sums it up

However it's very destructive ruining relationships, marriages, health, security, family & occupations Busyness repress our fears & personal anxieties as we seek to make an image for others to see

Barrenness of busyness Our culture demands success Its defined in terms of what one does & not who one is The emphasis is the importance of popularity, performance, money & success not relationships & personal life Busyness is only a problem when it is compulsive & overdone Indicating that its roots live in an unresolved inner conflict Parents neglect children/partner seek approval/attention There driven Achievement for the wrong motives is worthless as you become a perfectionist, worrier, troubled, low self-esteem & seek after what people think (fear of man) A put down is to put us up to make us feel good at the expense of others We are conditioned by our words & actions of others – prove ourselves we overreact to hide real self By being busy we feel some fulfillment But in reality it just covers up of the hurt, the emptiness, boredom, loneliness, depression so we become addicted to busyness to fill a void Commonly known as a workaholic

Hard work never hurt anyone When work absorbs our lives & the demands take toll The world expects loyalty & success but unfortunately the same applies in the Church The greatest danger is letting the urgent things crowd out the important things

BUSYNESS IS A SIN

We have become slaves to busyness, slaves to the god of this world & not masters of it Busyness isn't a virtue it's a vice It is motivated by fear, lack & failure Let's call it for what it is a SIN What's a sin? It is a transgression against a divine law, an offense against God by disposing a Biblical law So by not honoring God in other words giving Him time Is that not a sin that violates Gods laws?

Busyness diverts our minds, sin deadens our perceptions, crowds out our spiritual introspective Sin distorts reality Sin produces fatigue Sin confuses the facts It is a major stumbling block to our spiritual growth & maturity

Jesus instructed us to rest 'Come to Me all those who are weary & heavy laden & I will give you rest' Matthew 11:28 'Be still & know that I am God' Psalm 46:10 'Be not conformed to this world but be transformed by the renewing of your mind...' Romans 12:2

For those who are 'called' Let's take a look at Jesus effective balanced perspective ministry instead of burnout Jesus had three years but He still had time for friends, family, strangers, disciples, Father & religious Jesus offered His disciples 1 security 2 satisfaction 3 recognition Which are found in Him

Jesus in midst of His ministry always had time to be with His Father Matthew 6:31 'He went to a quiet place to get some rest' When you think about it, it's as we wait, still then we see things as they are & therefore get solutions To the very issues that could take time & energy to accomplish when He is first

The result of busyness is clearly contrary to the life God called us to live The seduction of busyness always on our mobiles, checking our social media Has this become an addiction yes addiction In other words you can't do without it? Is that not true?

Personally if I'm honest as a Pastor we tried to have family time which we did reasonably successfully by playing outside together But I'd have to say I allowed Church work to come first which caused me to neglect my marriage Which ultimately cost me I learnt what we are talking about the hard way In business the company I was working for gave me an opportunity to go up the ladder I wouldn't accept a senior position because my relationship with my wife was more important I had learnt an important lesson that money & prestige are not worth the sacrifice for a simplistic life My prayer is that you don't have to lose, in order to come to your senses

As a Pastor or leader sometimes our worth is wrapped up in what position we hold We feel important Afterall others look up to us But ones worth as a person is never dependent on his/her performance Everyone is worthwhile because they are created in Gods image, loved & accepted unconditionally God accepts you Ephesians 1 :4-8 More importantly we are in ministry to honor, glory & worship God

TIME TO LOOK AT OUR PRIORITIES

JOY Jesus first, others in-between & ourselves last That's putting self (old man) in its place Its
 only as we put things into perspective 'Seek first the Kingdom of God & His righteousness, all these
 things will be added unto you ' Matthew 6:33 What's added bit, it's everything else will full into place

Asking ourselves Is this what God wants me to do or is it what I want to do?

Instead of fast forward push pause Reevaluate our life Here's an exercise Write down	1
What you want your top 5 priorities to be?	2
What your top 5 priorities actually are right now?	3
What needs to change?	4
How are you going to change your priorities?	Share
it with someone whom will check up on you (be accountable to)	

To shift priorities takes courage, a shit in our thinking & determination
 Once we admit we have a problem we are free to resolve it

SABBATH REST

In my early life Sundays were a family day (the roast) a day of rest from shopping, work, sport, tv adverts
 How its changed! What us oldies would say the good old days

Many in the Church are doing the 'works' instead of the worship! An example is Mary & Martha
 Luke 10:38-42 Was there anything wrong with Martha's hospitality Only if it's more important than
 spending time with Jesus The Bible calls it Idolatry when things become more important than God

Talking about the law Are we not to keep the Sabbath holy? Exodus 20:9-10

Remember the Sabbath six days labor & one rest

But that was Old Testament we are under grace? And isn't the law legalism?

Hebrews 4:9-11 'So there remains a Sabbath rest for the people of God...' read the rest yourself

Time out is a necessarily for your wellbeing & physical health alone Relaxation is scriptural we weren't
 designed for continual tension & stress Called
 the 'Lords Day' Does it matter what day? A day when we don't do what we do on the other days

'A day set aside for God to honor God with worship that is acceptable to Him Gods claim on our Sabbath
 reminds us that all our time is his gift, to be given back to Him & used for Him Take my life includes take
 all my moments & my days, take my time all of it This is where true obedience to the fourth
 commandment begins Satan wants to see every minute misused It is up to us to make every minute
 count for God' Dr J I Packer

ELI A SCRIPTURAL EXAMPLE

1 Samuel 2 We read the story of Eli the High Priest & Judge of Israel as well as Samuel Priest & Prophet The tragedy of Eli would seem to be the fact not that he was a bad man but rather a busy man Being a Priest & Judge would be time consuming He had too much on, he took on too much it appears

1 Busyness brought about the sins of his family (a reproach) 1 Samuel 2:12 'sons of Beliah' - immoral & sacrilegious A 'They knew not the Lord' the pressures of responsibility get in the way of spending time with family & teaching them in the ways of the Lord 'Christianity begins in the home' We are to bring up a child in the ways of the Lord Eli had no influence, he failed in his responsibility to instruct them 1 Samuel 2:25 B 'They listened not to their Father' 3:13 he restrained them not They didn't know the Lord They didn't know their Father he was a stranger in his own household So they are not going to listen to him When work separates us from family/spouse Sin is a reproach on the family

2 Lack of Spirituality ruined his work He was so busy looking after others that He failed his family & looking after his own life Song of Solomon 1:6 'my own vineyard have I not kept' Isn't it true often the trade person does everyone else's jobs but neglects his own So busy with work no time for God A 3:1 'The Word of God was rare in those days' Was it that God didn't have much to say or were they not listening? Lack of watchmen/prophets to hear the Word of the Lord maybe Lack of vision 3:21 The Lord revealed Himself to Samuel not Eli Samuel was willing to listen Tragic that man of God lost it, no time for God, to hear Him but still doing his religious tasks/acts without God ICABOD God has departed & Eli didn't realize it This is so true today with many Churches & leaders B Clumsy hand 1:12-14 Hannah Eli misjudges the situation he thinks she is drunk instead she is agonizing in prayer He didn't discern Lord's voice for years he couldn't sense the things of God

3 The love for Samuel redeemed his name Busyness was his undoing but on positive he loved Samuel as his own He imputed into him even called him 'my son' A Samuel was popular 3:20 Samuel was everything Eli wasn't But Eli wasn't envious in fact he cherished his call on Samuel's life B 3:18 Samuel told Eli everything including the Judgement of God Eli received it, he wasn't condemning from the youth rather saw Samuel as the vessel of God Eli saw his sin & acknowledged it Remember to bring such a word for Samuel would have been hard to do

WARNING for those involved in service for God You may not be bad but so busy, you miss God & the family he's given you Repent & turn back to Him putting Jesus in His rightful place in your life. This I believe is a timely warning as we enter the last days & prepare for Jesus return

THE ADDICTION OF BUSYNESS		
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RemnantNZ August 20 K Adams		
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