

Sermon Notes and Discussion Questions: Living inSanity - The Never-ending Curse of Busyness

Do you ever feel like you are doing more things and getting less done?
Have you ever sensed there were people dependent on you, expecting and needing something from you but you had nothing left to give?
Do you sometimes feel like your Christian life is more of a job than an adventure?
Do you feel like you're putting on a good front, you're smiling and appearing happy, but on the inside you are really empty and hurting?

One well known pastor wrote of the ministry - 'I felt like I was on a treadmill and did not know how to get off.'

There are many sincere, dedicated, committed Christians who are running on empty. They are active and busy...probably busier than any generation that has ever lived. But in all our busyness and activity, we are producing less and less fruit.

1. We have a need to slow down.

Genesis 2:1 Thus the heavens and the earth, and all the host of them, were finished. 2 And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done. 3 Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.

Have you found it difficult to keep a sabbath?
What different forms of busyness take over in your life?
Why do people feel guilty about rest?

2. Slow down for yourself.

Mark1:35 Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed. 36 And Simon and those who were with Him searched for Him. 37 When they found Him, they said to Him, "Everyone is looking for You."
38 But He said to them, "Let us go into the next towns, that I may preach there also, because for this purpose I have come forth."

Why did Jesus need to get away?
What came out of this time of solitude?

3. Slow down for others.

Luke 19:1 Then Jesus entered and passed through Jericho. 2 Now behold, there was a man named Zacchaeus who was a chief tax collector, and he was rich. 3 And he sought to see who Jesus was, but could not because of the crowd, for he was of short stature. 4 So he ran ahead and climbed up into a sycamore tree to see Him, for He was going to pass that way. 5 And when Jesus came to the place, He looked up and saw him, and said to him, “Zacchaeus, make haste and come down, for today I must stay at your house.” 6 So he made haste and came down, and received Him joyfully. 7 But when they saw it, they all complained, saying, “He has gone to be a guest with a man who is a sinner.”

Near the end of Jesus’ ministry one might think he was in a rush to get everything done, but he still made time to meet the needs of people.

A stop in Jericho is often need in the busyness of life.

Be intentional about other people.

How can you be more intentional about taking time for others?
Do you feel that ministry can sometimes lose a personal touch?
What is the danger of forgetting to stop for others?

4. Slow down and see God

Luke 10:38 Now it happened as they went that He entered a certain village; and a certain woman named Martha welcomed Him into her house. 39 And she had a sister called Mary, who also sat at Jesus’ feet and heard His word. 40 But Martha was distracted with much serving, and she approached Him and said, “Lord, do You not care that my sister has left me to serve alone? Therefore tell her to help me.” 41 And Jesus answered and said to her, “Martha, Martha, you are worried and troubled about many things. 42 But one thing is needed, and Mary has chosen that good part, which will not be taken away from her.”

How does busyness change our priorities?

Mary and Martha were with Jesus for much of His ministry, what are some things they might have concluded about Jesus’ kingdom and what matters to Him?
What kinds of things in your life—even seemingly “spiritual” things—might distract you from being like Mary and choosing intimacy with Jesus over activity?
How can you proactively fight back against those tendencies?

Effective, active service first requires quiet devotion.