

# WHEN YOU'RE RUNNING ON EMPTY

"Choosing What Matters Most"

## LIES THAT KEEP US BUSY

"There's Just Not Enough Time To Do Everything"

"It's Just A Busy Season I'm In Right Now"

"But, This Is Really Important"

How Often Have You Said  
Those To Yourself?

Never

Sometimes

Always



*"As Jesus and His disciples were on their way, He came to a village where a woman named Martha opened her home to Him. She had a sister called Mary, who sat at the Lord's feet listening to what He said. But Martha was distracted by all the preparations that had to be made. She came to Him and asked, "Lord, don't You care that my sister has left me to do the work by myself? Tell her to help me!" "Martha, Martha," the Lord answered, "you are worried and upset about many things, but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her"*  
*Luke 10:38-42 (NIV).*



# The Pattern Of Busyness

GOOD INTENTIONS



DISTRACTIONS CREEP IN



PRESSURE & PITY RISES



RESENTMENT SETS IN

## Taking Action

1. **CONFESS** the Lie
2. **NAME** the Distractions
3. **CHOOSE** What Is Better



# To Do This I Need To Answer ...

1. What Is My Standard For What Is Better?

2. Am I Making My Choices By That Standard?

3. What Do I Need To Choose To Say "NO" to?

Today? This Week?

This Month? This Year?

4. How Do I Choose To Refuel When I'm Empty?

Verses for additional study:

Job 14:5; Psalms 39:4; Psalms 127:2;

Proverbs 21:5; Ecclesiastes 4:6;

Isaiah. 40:28-31; Matthew 11:28-30



# Additional Resources...

## Pastor Tim's Book Recommendations

“Having a Mary Heart In A Martha World”  
by Joanna Weaver

“Choosing to Cheat: Who Wins When Work and  
Family Collide” by Andy Stanley

“What Matters Most:  
When No is Better Than Yes”  
by Doug Fields

## Pastor Tim's Music To Refuel



"Bows & Arrows "  
by Cindy Morgan

"Pet Sounds "  
by The Beach Boys

