

Chart: Strongholds

"Maybe Later"

# I Defining Business

1. 1967 - Senate subcommittee - by 1985  
Americans avg. workweek 42 hours

2. Modern Innovations

- (1) Electricity
- (2) Automobile
- (3) Computer

} Removal of limits

(3) Chart: Industrial Revolution

3. Comparing Lazy vs. Busy

(1) Leisure-centered ethic

- + Greeks/Romans + leisure good
- + Work bad + Distortion of
- + Failure to engage leisure

Work  
To  
Rest

(2) Work-centered ethic

Rest  
To  
Work

- + Business a virtue
- + self-fulfillment = high activity & continuous improvement
- + Failure to disengage + Distortion of work

## Busy Questions

(3) Chart: Lazy/Busy Interplay

4. You were made to work (Gen. 2:15)

5. You were made to rest (Lk. 10:38-42)

(1) Binge-resting (2) Suppressants

6. Busyness is the unfettered, prideful distortion of work that produces disengagement from meaningful relationship.

7. Gospel-Centered Ethic

(1) Work to rest (2) Rest to work

→ (3) Work/Rest for the glory of God

## 1. People

- (1) People-pleasing (Fear)
  - (2) Pat on back (glory)
  - (3) Performance (worth)
- } Priorities dictated

## 2. Trauma

- (1) Proving myself (why? To who?)
- (2) Pity
- (3) Perfectionism
- (4) Pretence (Avoid/Mask)

## 3. Environment (Possessions, Power)

→ How phone is changing you

- (1) Addicted to distraction
- (2) Ignore Flesh & Blood
- (3) Crave Immediate Approval
- (4) Lose Our Literacy  
content is hurried, condensed, sensationalized
- (5) Feed on the produced  
- Artificial moments, idealized lifestyles
- (6) Become what we "like"
- (7) Get lonely
- (8) Get comfortable in secret vices
- (9) Lose Meaning  
- Avalanche of new information  
what is real?
- (10) Fear Missing Out
- (11) Become Harsh To One Another
- (12) Lose Our Place In Time

Wasted Time Squandered time  
Tech. Dislocated historically that has eternal value

# III Detaching Business (2 Cor 10)

## 1. Spiritual Awareness

- (1) Work & Rest are not just physical enterprises
- (2) Work is the soul's creative outlet
- (3) Rest is the soul's creative inlet

## 2. Taking Thoughts Captive

- (1) Business Questions

## 3. Destroy Arguments

- (1) Who & what informs your ethics + concerning work & leisure
- (2) Which did your parents model?

## 4. Don't Go At It Alone?

- (1) Reestablishing sustainable rhythms
- (2) Planning for margin
- (3) People are necessary  
if you're too busy → problem

## 5. Look in front of you

- (1) What you do is not how Jesus affirms you.
- (2) Let me unburden you from your unsustainable ethic