
Taking Care of Busyness

Pastor Gregg Brenes

Hurry is the great enemy of our spiritual lives and the health of our souls.

By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. ³ Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done. Genesis 2:2, 3

- Rest is God's gift.

We were created to experience intentional rest.

Remember the Sabbath day by keeping it holy. ⁹ Six days you shall labor and do all your work, ¹⁰ but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. Exodus 20:8-10

Intentional rest is for God's glory and our benefit.

Then he said to them, "The Sabbath was made for man, not man for the Sabbath. ²⁸ So the Son of Man is Lord even of the Sabbath." Mark 2:27-28

If you want to experience the life of Jesus, you have to adopt the lifestyle of Jesus.

"Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light. Matthew 11:28-30

Jesus was often busy, but he was never hurried.

Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest." Mark 6:31

How would Jesus live if He were me? (Mark 1:35-38, Luke 5:16, Mark 6:31-32)

We worship God through our work and also through our rest.

- Get quiet
- Read and reflect on Scripture
- Worship
- Pray

Let's Talk About It

Take the day off? How do you stop in a culture that's always moving? In a world that glorifies hustle, we often forget that God Himself rested—and He designed us to do the same. From Genesis to Jesus, Scripture shows us that rest isn't optional; it's essential for a healthy soul and a worshipful life. Sabbath was made for us—to remind us we're not defined by our productivity but by our relationship with God. Jesus modeled a life that was full but never frantic—He worked hard, but regularly withdrew to rest, pray, and enjoy the Father. If we want to experience the peace and purpose of Jesus, we must follow His rhythm of life: get quiet, read Scripture, worship, and pray.

Romans 12:1 MSG; Genesis 2:2-3; Exodus 20:8-11; Deuteronomy 5:15; Mark 2:27-28; Matthew 11:28-30; Matthew 4:1-2; Mark 1:35-38; Luke 5:15-16; Mark 6:31-32

Discussion questions:

- **Freedom Weekend** is a time to encounter God, hear His truth, and experience lasting transformation. Register on the app to attend on Saturday, October 25.
- Which part of the message impacted or challenged you?
- Read Genesis 2:2-3 and Exodus 20:8-10. Talk about the Sabbath and what it looks like to honor God with the Sabbath. What will be required of you for you to take a day to honor God, not produce and receive God's rest? What challenges stand in your way of doing this?
- Read Matthew 11:28-30 and Mark 6:31. One reason people don't take a day off work each week is they don't trust God will provide what they need if they were to stop for a day. Do you find yourself trusting God to take care of you, or are you taking matters into your own hands? What adjustments to your work/rest relationship do you need to make to be spiritually healthy? What challenges stand in your way?
- Pastor Gregg said that busyness is what is happening on the outside and hurry is what is happening on the inside. Jesus was often busy but never hurried. What would this look like for you? What step can you take to be more intentional about eliminating hurry from your life?
- What step can you take this week to be more intentional about solitude and rest?

Take a Step

- Take God with you to work again this week. Take some time each day to spend in God's presence and allow Him to refresh and restore you.

Here's My Prayer

God, thank You for creating me not just for work, but for rest. What a kind and caring God You are! You rested, You commanded rest, and through Jesus, You invite me into true soul rest. Forgive me for filling my life with constant motion while neglecting quiet with You. Help me trust You enough to slow down and find joy in simply being with You. In Jesus' name, amen.