

ARE YOU KEEPING BUSY?
Issues For Christ Followers - Part 6
August 25, 2013

Jeremiah 6:16a (NIV) *“This is what the LORD says: ‘Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls...’”*

Psalms 39:6a (NLT) *“We are merely moving shadows, and all our busy rushing ends in nothing.”*

THE WORLD’S VIEW OF TIME...

**Life’s Domains and Demands + Personality
+ Life Stage + Crises + Insecurities = BUSY**

Band-Aids don’t heal the wounds of busyness.

Psalms 119:73 (NLT) *“You made me; You created me. Now give me the sense to follow Your commands.”*

GOD’S VIEW OF TIME... 24 + 7 + 1

- **24 = HOURS A DAY.**

Genesis 1:14 (NLT) *“Then God said, ‘Let bright lights appear in the sky to separate the day from the night. Let them be signs to mark the seasons, days, and years.’”*

Matthew 6:27 (NCV) *“You cannot add any time to your life by worrying about it.”*

- **7 = A WEEKLY REST.**

Exodus 16:29a (NCV) *“Look, the Lord has made the Sabbath a day of rest for you...”*

Exodus 20:8-11 (NLT) *“Remember to observe the Sabbath day by keeping it holy. ⁹ You have six days each week for your ordinary work, ¹⁰ but the seventh day is a Sabbath day of rest dedicated to the LORD your God... ¹¹ For in six days the LORD made the heavens, the earth, the sea, and everything in them; but on the seventh day He rested. That is why the LORD blessed the Sabbath day and set it apart as holy.”*

Sabbath Goals:

REST your body.

REFRESH your relationships.

RENEW your love for God.

- **1 = A DAILY PAUSE.**

Mark 1:35-37 (NLT) *“Before daybreak the next morning, Jesus got up and went out to an isolated place to pray. ³⁶ Later Simon and the others went out to find Him. ³⁷ When they found Him, they said, ‘Everyone is looking for You.’”*

A Surgical To Do List...

1. Deal with your **INSECURITIES.**

1 John 3:1a (NLT) *“See how very much our Father loves us, for He calls us His children, and that is what we are!”*

2. Discover your **SECURITY.**

Luke 10:39-42 (NLT) *“Her sister, Mary, sat at the Lord’s feet, listening to what He taught. ⁴⁰ But Martha was distracted by the big dinner she was preparing. She came to Jesus and said, ‘Lord, doesn’t it seem unfair to You that my sister just sits here while I do all the work? Tell her to come and help me.’ ⁴¹ But the Lord said to her, ‘My dear Martha, you are worried and upset over all these details! ⁴² There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.’”*

Real security is living your life at the feet of Jesus.

In God’s view of time... 24 + 7 + 1 = BLESSED LIFE

A blessed life means living a full and effective life with God’s favor.

You do the possible with faith that God will do the impossible.