

MANAGING OUR BUSYNESS

In a fast-paced culture, how can we protect our times with God and effectively organise our full diaries?

INTRODUCTION

Be real! **Life is busy accept it and that setting priorities is ongoing process for life!**

Be encouraged! **Face up to challenges with boldness. God reaches out to us to help.**

BUSYNESS OUT OF CONTROL – THE SYMPTOMS

We lose our joy – **permanent sense of failure and forget God's grace. Feel God is disappointed**

We have no time to enjoy God's good gifts – **too distracted to appreciate**

We are permanently tired – **can't switch off, minds constantly cluttered**

We are indecisive – **put off making plans**

We avoid people – **struggle to develop relationships, feel pressure of time**

We experience ill health – **various physical symptoms related to pressure and stress**

BIBLE FOCUS 2 points

- **v35 shift of priority from public to private. After day with crowds, well into evening, made time to be alone with his heavenly Father.**

- **v 38 Shift of priority in ministry. Disciples draws his attention to the many wanting Jesus' time again – more needing healing. But Jesus wants to move on – different priority – preach good news of kingdom.**

- **He will leave many behind who still need healing. But not so programme-driven that has no time or compassion for individuals – v41 heals leper.**

TIPS & HELPS

- Develop a balanced approach
Work is good (creation) – don't expect continuous leisure – be realistic!
But Rest is also instigated by our creator – build rest into your diary.
- Resist pressure from others
We are accountable to God ultimately not the expectations of others.
- Prioritise wisely
Let Christ's priorities shape daily duties and decisions - may need to say NO to things after prayer, perhaps for season.
- Embrace life's different stages
Nothing is static – be adaptable. Different choices at different stages.
- Put Jesus at the centre
Make time to spend with Jesus – enjoy his presence. Allow mind of Christ to shape us.
Always other things that need doing – Stop! and abide with him!
- Cultivate good disciplines
Time with Jesus is about quality not quantity. Coping with busyness not about schemes or systems, but about a person – Lord Jesus.

Questions to take away

- 1. What are some of the striking features of the Mark narrative?**
 - What are the disciples worried about in v37?
 - How does Jesus see things differently?
 - How are you affected by the expectations of others? How does Jesus' example help us in responding?
- 2. How does the passage help us with our prayer life and the task of managing busy diaries?**
 - How do you manage/have you managed to protect your relationship with God when going through times of intense pressure? What helps/has helped?
 - How can you cultivate good everyday disciplines in spending time with Jesus? What helps?
- 3. How might our "diary dictate our identity"? How can we learn from Jesus as we fill our diary?**
- 4. What wrong attitudes might we have to the use of our leisure time (if you have any!)? Can we be "over-protective" of our time?**
- 5. How does it help to know that God knows "how we are formed"(Psalm 103:14), our circumstances and our pressure points? Why do we need to remember His grace?**
- 6. How can we make our everyday lives more shaped by Kingdom priorities?**
 - What changes have you been challenged to make in the light of this Bible passage and Sian's talk?