

CHOOSING WHAT MATTERS MOST When You're Running on Empty – Part 5

LIES THAT KEEP US BUSY

» *“There’s just not enough time to do everything.”*

Circle One:



» *“It’s just a busy season I’m in right now.”*

Circle One:



» *“But, this is really important.”*

Circle One:



“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)

A PATTERN OF BUSYNESS...

TAKING ACTION...

Confess -

Name -

Choose -

To do this I’ve got to answer...

1. What’s 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? (The more specific the better)
4. How do I choose to refuel when I’m empty?

Verses for additional study:

Job 14:5; Psalm 39:4; Psalm 127:2; Proverbs 21:5; Ecclesiastes 4:6; Isaiah 40:28-31; Matthew 11:28-30; Galatians 1:10; Ephesians 5:15; Philippians 3:8; 1 Thessalonians 2:4;

Books recommended to Read:

- *Having a Mary Heart in a Martha World- Joanna Weaver
- *Choosing To Cheat (who wins when family & work collide) - Andy Stanley
- *What Matters Most (when “no” is better than “yes”) – Doug Fields