

## CCC GODS PERSCRIPTION TO BUSYNESS P2

Today we're continuing in our series that were calling God's Pharmacy and why I am calling it that is because we're looking at God's prescription to the seven most common causes of stress in our lives. Today were going to look at a prescription for people under pressure, I call it busyness.

Let me start off by asking you some questions;

1. Are you always in a hurry?
2. Is your "To do" list always unrealistically long?
3. Do you use days off to catch up with unfinished work?
4. Has more than one person ever told you to slow down?
5. Do you feel guilty when you relax?
6. Do you have to get sick to take time off?

You know you're living a life of busyness when...

... you have to have your cell phone with you at all times even when your trying to worship God on Sunday's.

... your family refers to you an "occupant".

... if you take work related reading material into the bathroom.

Let me just say, this is not the kind of life God wants you to live. Listen to what God's word, the bible says to us...

*"It is senseless for you to work so hard from early morning until late at night... God wants his loved ones to get their*

*proper rest."* Ps. 127:2 If you're burning the candle at both ends, you're not as bright as you think you are. Sometimes

the most spiritual thing you can do is go home and go to bed. Last week our verse from the 23<sup>rd</sup> Psalms was "*The*

*Lord is my Shepard."* This week our scripture verse from the 23<sup>rd</sup> Psalm "*He makes me lie down in green pastures,*

*He leads me beside quiet waters."* This verse is referring to

rest and refreshment. God is interested in your rest and recreation. He wants you to live a whole life, a balanced life, a complete life. He wants you to not be working all the time. If you really give your life to Jesus Christ, He's probably not going to add more on you, as much as He's going to take some things out of it to slow you down.

So God has given us a prescription -- were going to talk about -- God's way to RELAX.

1. R -- Realize my worth
2. E -- Enjoy what I already have
3. L -- Limit my labor
4. A -- Adjust my values
5. X -- exchange my pressure for God's peace

### **REALIZE MY WORTH**

The reason most people overwork is because they confuse their work and their worth. We think that if we work a

whole lot, achieve a whole lot, we're worth a lot. We confuse what we do with who we are. In America, we get our primary identity from what we do. Example when you meet someone, after we find out their name, usually the second question is "What do you do?" and from that we will normally put a worth, we think somehow worth is related to our works. The Bible doesn't teach that at all. The bible says our worth is regardless of what our work is. Now here is part of the problem most of us were bought up and still have those old tapes playing in our mind saying to us or reminding you in your mind that, "you're a nobody." Maybe a teacher told you that. Maybe a former friend told you that. Maybe a brother or sister or a parent told you that... someone close to you that had influence over you said, "You're never going to amount to much." And that tape is still there playing it back to you over and over in

your mind and the real reason you overwork, the reason you stay busy, busy, busy, is you say, "I will prove my worth by my accomplishments, my achievements." But the problem is you will never accomplish enough to feel satisfied. "Sticks and stones may break my bones, but names will never hurt." That's not true. Names do hurt. Many years later you're still hearing a little inner voice that says, "You've got to keep paddling. You've got to keep working. You've got to stay busy. You've got to prove your value, your significance, your worth, by overworking, by over doing." God word says, "*God decided to give us life through the word of truth so we might be the most important of all the things he made.*" James 1:18 God says you matter more than the rest of creation. relax; you don't have to prove your worth. If you were made by God, you're worth it. I am me and I'm OK because God don't make no

junk. If you really understand and feel what you are worth to God – not just know it but really feel it -- it will change your life. If God likes me, and I like me, if you don't like me, then that's your problem. You don't spend your whole life trying to win the approval of other people, no matter who they are... there is only One whose approval you look for and that is God's. So that's why you live your life for Him and not people. You don't need the approval of other people to be happy. But you do need to realize how valuable you are to God. Jesus said in Matthew 6 "... *your heavenly Father feeds the (sparrows). And you are far more valuable to him than they are.*" If God notices even when a bird falls to the ground and takes care of birds, don't you think He takes care of you? I want to share this with you this morning. 1) You will never understand how much God loves while your here on earth.

2) There is nothing you can ever do in this life that will make God love you more than He already does right this moment.

3) There is nothing you can ever do that will make God love you any less. His love is not based on your performance. His love is unconditional love. Don't try and equate God's love and your parents love as being alike.

Your parents were human they tried to do the best but they were human and their love is conditional. God's love, It's based on who He is. You don't have to prove your worth by overworking, by staying busy. God says you are OK.

God's way to RELAX.

### **ENJOY WHAT I ALREADY HAVE**

Eccl. 3:13 "*All of us should... enjoy what we have worked for. It is God's gift.*" Let me ask you a question... Can you be so preoccupied in getting more that you don't enjoy

what you've got? Sure you can. Can you be so busy, with the desire to acquire more and more that you don't enjoy what you already have? We buy things we don't need, with money we don't have... We try to get more and more and we get overextended financially. Then both Mom and Dad have to work because we have to hustle to make ends meet, because we have this desire to acquire and have what the Jones have even though the Jones are going Bankrupt. We spend all of our time making payments on these things we've bought and inevitably relationships begin to deteriorate. That's not the way God wants us to live. "It's better to have only a little, with peace of mind, than be busy all the time..." The greatest things in life aren't things. As a pastor I've been at the side of a lot of death beds. I have never had one person say at their final breath "I wish I had spent more time at the office, I wish I had more

money." They don't say that to me... But many have said to me, "I wish I had spent more time with my kids (wife, husband, with God)". In the American culture it's considered a tragedy if you "die penniless". I can't think of a better time or way to go! Think about it... you write your last check and you're totally empty in the bank account and – then you die! That's timing! What is God saying to us today... Enjoy what you have while you've got it and don't be worrying about getting more all of the time.

God's way to RELAX.

### **LIMIT MY LABOR**

I must make a conscious decision to make time for other things besides work. I have to decide how many hours I realistically want to spend working each week and then I need to stick to it. I need to schedule time for myself,

with God alone, with my family -- those are important elements in my life as well as work. "*Only someone too stupid to find his way home would wear himself out with work!*" Eccl. 10:15 "*You have six days in which to do your work, but the 7th day is to be a day of rest dedicated to Me.*" Exodus 20:9-10 God says that one day off every week is the rule. This is the fourth commandment; It's so important that God put it up there with "Don't commit adultery" and "Don't murder". That's how serious God takes this. Every seventh day, you take a day off. If you're not taking a day off it means you're breaking the ten commandments. God says do it. Why? The Bible calls it the Sabbath. Sabbath means a day of rest. In Mark 2, Jesus said, "*The Sabbath was made to benefit man.*" Colossians says it doesn't matter what day you choose as long as you choose one every week. Sunday is not my Sabbath, it's a

work day. What should you do on your day off, your Sabbath? You don't use it to catch up on work you haven't finished.

What do you do on the Sabbath?

1) Rest my body. If you don't take time to rest your body, your body will make time to rest itself -- either in the hospital or with a cold or flu. Our best requires rest.

2) Recharge your emotions. What things recharge you emotionally? You need quietness. You need recreation -- something that turns you on not necessarily that's popular. You need time for relationships.

3) You need to refocus your spirit. The Bible calls this worship. Worship brings things into perspective. When you come into church with a big problem, worship puts things into perspective. You have more energy to deal with the

problem and more understanding. If you're too busy for God you're too busy. You're missing out on one of the very things you were made for.

### **ADJUST MY VALUES**

In order to reduce busyness in my life I must change my thinking about what is important. Eccl. 4:4 says, "*I've learned why people work so hard to succeed; it is because they envy the things their neighbors have.*" You have to stop and say you're not going to get caught up in the rat race of always getting more. There are some things more important than getting more. Mark 8:36 "*What good is it for a man to gain the whole world, yet forfeit his soul?*" Is it worth it? Ask yourself this question about every area in your life. We may be making great money right now, but are the kids getting any parenting? They're going to be

gone in a few more years. Will I regret that? No matter how much you make you can lose it all anyway.

### **EXCHANGE MY PRESSURE FOR GOD'S PEACE**

This gets at the very root of your stress. There are three kinds of fatigue: There is physical fatigue -- tired muscles. That can be replenished pretty quickly. There is emotional fatigue -- tired emotions, feelings. There is spiritual fatigue - a dry spirit. This is the deepest. You may need a vacation. But a vacation will not help these last two. You need more than just time off to recharge your emotions and focus your spirit. You need a relationship to God. You can take a two week vacation in Tahiti but when you come back you're still going to have the same problems. The pressures are still going to be there. It means more than just taking time off; it means readjusting my values and exchanging my pressure for God's peace.

A little child does not like to lie down, to rest. Resistance to rest is a mark of immaturity. If you're always working and never taking any time to rest it not only says you're breaking the Ten Commandments but it says you're immature. Sheep don't like to rest, to lie down. In Psalm 23:2 "*He makes me lie down.*" That's a forcing. Has God ever had to make you lie down? If you don't slow down, sometimes God will just make you lie down. He cares about you. You matter to Him. You need a relationship to Christ who will help you set the pace of your life.

Paraphrase of Psalm 23: "*The Lord is my pacesetter, I shall not rush. He makes me stop and rest at intervals. He provides me with images of stillness to restore my serenity. He leads me in the way of efficiency to calmness of mind and this*

*guidance is peace. Even though I have a great many things to accomplish this day, I will not fret for His presence is here. His timeliness, His all importance will keep me in balance. He prepares refreshment and renewal in the midst of my activity, anointing my head with the oils of tranquility. My cup of joyous energy overflows. Surely harmony and effectiveness shall be the fruits of my hours, for I shall walk in the pace of my Lord and dwell in His heaven forever.”*

You need a pacesetter to set the pace of your life so you don't go too slow or too fast. The only person wise enough to do that who knows you inside and out better than you even know yourself is Jesus Christ. You need a relationship to Him where you exchange His peace for your pressure.

When you live for God, it's not only the right way, it's the healthy way, the whole way, the balanced way, and the

most relaxing way. Jesus says, "*Come to me, all of you who are tired and have heavy loads, and I will give you rest... the load I give you to carry is light.*" Matt. 11:28-29.

Are you stressed out, tired, weary? Jesus says, come to Me.

I'm not going to load more on you. Message paraphrase:

*Are you tired? Are you worn out? Are you burned out on religion? Come to Me. Get away with Me and*

*you'll recover your life. I'll show you how to take a real*

*rest. Walk with Me and work with Me. Watch how*

*I do it. Learn the unforced rhythms of grace. I won't lay*

*anything heavy or ill fitting on your. Keep company*

*with Me and you'll learn to live freely and lightly.*