

The Busy Lie – Lesson

Lesson summary: Guard yourself against becoming so busy you don't have time to spend resting your spirit with God through Bible study, prayer, listening to sermons, reading spiritual books, etc.

Our culture tends to worship busyness, and the lies sound good, but God says otherwise:

Lie #1

I can always do more for God than what I am doing, i.e., pray, serve, study, etc.

MATTHEW 7:21 (NIV)

“Not everyone who says to me, ‘Lord, Lord,’ will enter the kingdom of heaven, but only he who does the will of my Father who is in heaven.”

■ **Consider this:** It doesn't say, those who did a little bit more will enter heaven; it says those who did the exact things my Father asked of them.

Lie #2

The busier you are for God, the more spiritual you are and the more you please Him.

MATTHEW 11:28 (NIV)

“Come to me, all you who are weary and burdened, and I will give you rest.”

■ **Consider this:** (1) It is not God's will for you to be weary all the time.
(2) Don't use weariness as an excuse to skip prayer because you are tired.
(3) Cut out the other things that are making you weary, not prayer.

LUKE 23:55-56 (NIV)

“The women who had come with Jesus from Galilee followed Joseph and saw the tomb and how his body was laid in it. ⁵⁶Then they went home and prepared spices and perfumes. But they rested on the Sabbath in obedience to the commandment.”

■ **Consider this:** Jesus had obviously taught them to rest on the Sabbath even though He had also taught them that healing and showing love for people was allowed on the Sabbath. They had been following Jesus for a long time.

Truth

God only wants you to do specific things for Him. When you do those, He is pleased. Sometimes He will ask you to do more than you think you can, but it is Him asking something specific, not a vague feeling of needing to do more.

What do you want to (or should you) be using your time to do?

If you are exhausted, what are you doing that God didn't ask for?

Set Time Aside Each Week To Rest With God

Make sure you set some time aside weekly to deal with personal issues that God is working on in your life.

Become aware of the things that trigger negative reactions and ask God to reveal to you why you do that and what needs to take place for you to change.