

# The Busy Lie – Daily Exercises

*Thoughts and questions for reflection, writing, and prayer to enhance personal growth.*

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## Day 1

When was the last time you felt burnt out? When you felt exhausted and worn out and had lost your energy and motivation to seek God and spend time in His presence. What were you committed to doing at that time? Are you trying to do too many things? How could you tell? Was it the amount of things you were doing that caused it or some emotional turmoil caused by something unrelated?

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## Day 2

It is often not things we are doing for God that cause us to become overwhelmed, but the things we are doing for people or ourselves. What are some non-essential things in your life that you can cut down on or eliminate? What are the things that God desires most? Did Jesus help everyone who came to him? What about the times when He left an area without healing everyone there and people went looking for him? Write out some things in your life that are non-essentials, and what the essentials are from God's point of view. Then write out some things you have felt God telling you to do that you haven't done yet.

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## Day 3

### Memorize

[Matthew 11:28](#) (NIV)

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

How can I come to Jesus today?

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## Day 4

Sometimes we become busy doing things associated with church, or helping people, to cover up the fact that our priorities are off track. Are there things in your life God is asking for that you do not want to surrender to Him? What does the Bible say about behavior like that? Is that giving a sacrifice that God didn't ask for?

[1 Samuel 15:22](#) (NIV): But Samuel replied: “Does the LORD delight in burnt offerings and sacrifices as much as in obeying the voice of the LORD? To obey is better than sacrifice, and to heed is better than the fat of rams.”

How does this verse relate to the false belief that being busy for God is good enough?

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## Day 5

If God is a God that promises rest to His people, what about the times when God asks you to do something you don't think you can accomplish? Our stress level is directly related to the level of our trust in God ([Isaiah 26:3](#)). God will always make a way for His will to be done in our lives. Are you spending time resting in His presence on a daily or weekly basis? That is not the same thing as prayer and asking God for things, or worshipping Him, or even writing songs or prayers down for Him. It is learning to enjoy the rest He offers. Spend some time this week asking God to show you how to rest in His presence.