

WEEK #11

When Life Gets Too Busy - The Solution

When we become enslaved by the busyness of life, there are several helpful suggestions to assist us in managing life.

1. Underscheduling instead of overscheduling becomes necessary for a more peaceful home life. In a word, we are better off when we learn to say “no.”
2. Build intentional rest into our daily lives. After all, *rest is a spiritual discipline*. (Micah 6:8)
3. Commit to taking your family to church every weekend. Nothing refreshes the soul and spirit more than worshiping with other believers and being poured into by a godly pastor.
4. Our community can be the antidote to busyness. Relationship with other believers is a special form of comfort, especially when we fall upon hard times (Galatians 6:2). We don’t need to go through life isolated.
5. If we can’t change our schedules, we must change our perspective. Jesus understands what it’s like to be so busy that we don’t even have an opportunity to eat (Mark 6:30-44). In one such case, he took 5 loaves and 2 fish and fed 5,000 men. Indeed, when we are tired and empty, when our resources are dwindling, that is the breeding ground for miracle-making!

Let’s not forget that Jesus always satisfies. The Lord is an unending source of peace and grace for every weary moment.

Next week - When You Need to Pray Together - The Problem