

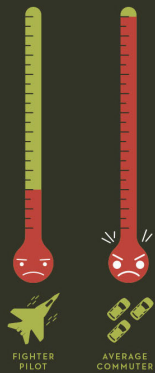
# TRY THIS AT HOME Remedy for Busyness

Oct 8, 2017 | Tom Borsic

God will part your sea. That  
which seems too big to  
overcome becomes a testimony  
in the review mirror of Life.

## 1 WE'RE STRESSED OUT

Commuters experience greater levels of stress than fighter pilots and riot police.<sup>1</sup>



## 2 WE WORK THE LONGEST

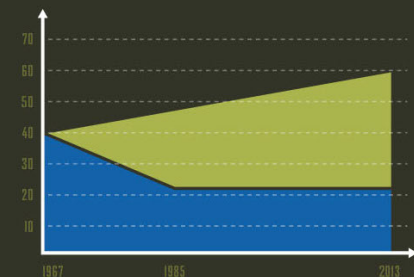
British workers put in an extra hour every day compared to Germans and Italians, but that's still almost an hour less than Americans.<sup>2</sup>



## 3 WE HAVE LONGER WORK WEEKS DESPITE OUR CONTINUED IMPROVEMENTS IN EFFICIENCY

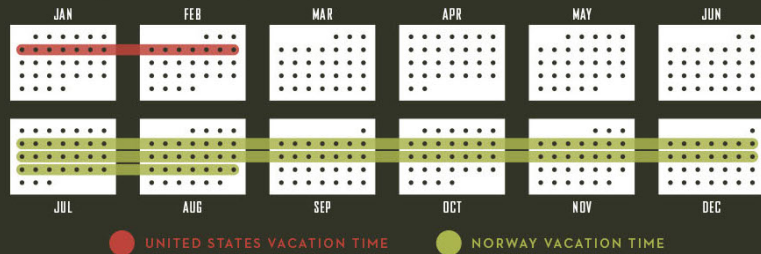
In 1967, futurists predicted coming generations would have too much spare time. Testimony before a senate subcommittee claimed that by 1985 the average workweek would be just twenty-two hours.<sup>4</sup>

PROJECTED HOURS/ WEEK  
ACTUAL HOURS/ WEEK



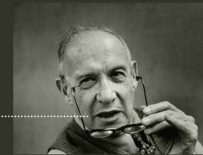
## 4 WE REST WAY LESS THAN OTHER DEVELOPED NATIONS

While workers in Norway enjoy nearly 70 vacation days per year, workers in the United States are busy putting in nearly 14 more work weeks and taking only a negligible amount of time off in comparison. Did we mention that, even with all that time off, Norway is still known for its work ethic and high standard of living?<sup>5</sup>



## 5 WE BELIEVE THE LIE THAT WE "NEED" MORE TIME

*"The supply of time is totally inelastic. No matter how high the demand, the supply will not go up. There is no price for it and no marginal utility curve for it. Moreover, time is totally perishable and cannot be stored. Time is, therefore, always in exceedingly short supply."*



—PETER DRUCKER

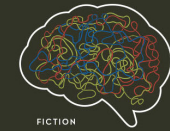
TIME NEED  $\neq$  TIME HAVE

PHOTO CREDIT: [http://www.peterdrucker.com/business-drucker-and-the-discipline-of-management/](#)

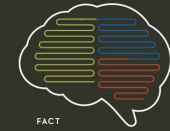
## 6 WE CANNOT MULTITASK

The brain can't put forth effort in two mental processes at the same time. We may think we are multi-tasking, but we are actually "switch-tasking."

- DRIVING
- TEXTING
- KIDS



FICTION



FACT

## 7 WE'RE STRESSING OUT OUR KIDS

Secondhand stress is a big problem for kids. Researcher Ellen Galinsky interviewed more than 1,000 kids in grades 3-12 and asked them, "If you were granted one wish to change the way that your mother's/ father's work affects your life, what would that wish be?" Kids' answers were striking. Instead of wishing for more face time with their parents, they wished that their parents would simply be less stressed out.<sup>8</sup>



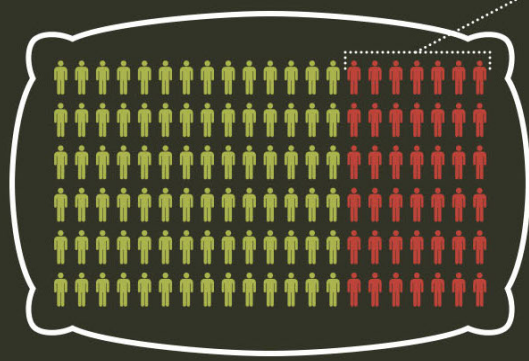
WANT MORE TIME WITH THEIR PARENTS



WANT LESS STRESS FOR THEIR PARENTS

## 8 WE'RE NOT GETTING ENOUGH SLEEP

40 MILLION!



More than one-third of all working adults get fewer than 6 hours of sleep a night—that's over 40 million people with sleep deprivation!<sup>9</sup> Also, the average American gets 2.5 fewer hours of sleep per night than they did a century ago.<sup>10</sup>

INSUFFICIENT SLEEP

SUFFICIENT SLEEP

**Busyness robs us of the peace  
and joy that Jesus purchased  
for us to live in daily**

**Busy vs. Busyness**

**Busy:  
Not at leisure  
Keeping occupied  
Actively and Attentively**

3 Likewise, teach the older women to be reverent in the way they live, not to be slanderers or addicted to much wine, but to teach what is good. 4 Then they can urge the younger women to love their husbands and children, 5 to be self-controlled and pure, to be busy at home, to be kind, and to be subject to their husbands, so that no one will malign the word of God.

**TITUS 2:3-7**

Through laziness, the rafters sag; because of idle hands,  
the house leaks. Ecc. 10:18

And we urge you, brothers and sisters, warn those who are  
idle and disruptive 1 Thess. 5:14

For you yourselves know how you ought to follow our  
example. We were not idle 2 Thess. 3:7

We hear that some among you are idle and disruptive. They  
are not busy; they are busybodies. 2 Thess. 3:11

**Busyness:**

**To be over occupied  
lively but meaningless activity  
Busy with the wrong things**

**Busyness causes stress  
which steals our joy  
that zaps our energy and  
causes us to lose focus**

38 As Jesus and his disciples were on their way, he came to  
a village where a woman named Martha opened her home  
to him. 39 She had a sister called Mary, who sat at the  
Lord's feet listening to what he said. 40 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!"

LUKE 10:38-41

41 "Martha, Martha," the Lord answered, "you are worried and upset about many things, 42 but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."

LUKE 10:38 - 41

**When the "stuff" that has to be done takes precedence over Jesus, we have a problem**

**Cause of Busyness  
Distress**

**Distress: merimnao (me-rem-na-o)  
to be anxious (worried)  
troubled with cares  
seek to promote ones's interests**

38-40 As they continued their travel, Jesus entered a village. A woman by the name of Martha welcomed him and made him feel quite at home. She had a sister, Mary, who sat before the Master, hanging on every word he said. But Martha was pulled away by all she had to do in the kitchen. Later, she stepped in, interrupting them. "Master, don't you care that my sister has abandoned the kitchen to me? Tell her to lend me a hand."

LUKE 10:38 - 41 MSG

41-42 The Master said, "Martha, dear Martha, you're fussing far too much and getting yourself worked up over nothing. One thing only is essential, and Mary has chosen it—it's the main course, and won't be taken from her."

LUKE 10:38 - 41 MSG

41 "Martha, Martha," the Lord answered, "you are worried and upset about many things,

41-42 The Master said, "Martha, dear Martha, you're fussing far too much and getting yourself worked up over nothing.

LUKE 10:38 - 41

## The Remedy

### Peace

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

JOHN 14:27

15 Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.

COLOSSIANS 3:15

**Rule: brabeuo (bra-byu-o)**  
**to be an umpire**  
**to decide, determine**  
**to direct, control, rule**

**Cause of Busyness**  
**Distracted**

40 But Martha was distracted by all the preparations that had to be made.

LUKE 10:40

She had a sister, Mary, who sat before the Master, hanging on every word he said. But Martha was pulled away by all she had to do in the kitchen.

LUKE 10:38-41 MSG

3 At one time we too were foolish, disobedient, deceived and enslaved by all kinds of passions and pleasures. We lived in malice and envy, being hated and hating one another. 4 But when the kindness and love of God our Savior appeared, 5 he saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit,

TITUS 3:3-8

7 so that, having been justified by his grace, we might become heirs having the hope of eternal life. 8 This is a trustworthy saying. And I want you to stress these things, so that those who have trusted in God may be careful to devote themselves to doing what is good. These things are excellent and profitable for everyone. 6 whom he poured out on us generously through Jesus Christ our Savior,

TITUS 3:3-8



**The Remedy  
Alignment**

42 but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.”

**TITUS 3:3-8**

**Cause of Busyness  
Drawn away**

She had a sister, Mary, who sat before the Master, hanging on every word he said. But Martha was pulled away by all she had to do in the kitchen.

**LUKE 10:38-41 MSG**

## **The Remedy**

### **Draw near**

19 Therefore, brothers and sisters, since we have confidence to enter the Most Holy Place by the blood of Jesus, 20 by a new and living way opened for us through the curtain, that is, his body, 21 and since we have a great priest over the house of God, 22 let us draw near to God with a sincere heart and with the full assurance that faith brings, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water.

**ROMANS 10:19-22**

## **TRY THIS AT HOME**

### **Remedy for Busyness**

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