

Organizing a Hectic Life

Led by Lora Friedrich

Introduction

The title of this breakout session is how to organize a hectic life. What I will not be giving you is a step-by-step process on how to do this, as this will be very individualized. What we will be doing is looking at examples in the Bible and have discussion around the idea of this “hectic life” we live. In preparation for this session, I read the book *Crazy Busy* by Kevin Deyoung, which I highly recommend. So, most of my thoughts do come from him. We will hit on many aspects of the book but will focus primarily on one chapter regarding our priorities.

Ice Breaker: If you had an extra hour of free time every day, how would you use it?

Thoughts to Ponder

Have I been so busy that I take the people in my life for granted, and fed important relationships in my life with leftovers?

Have I been too busy to pursue God with my whole heart, soul, mind, and strength?

Am I frazzled and overwhelmed most of the time?

Food for thought: Busyness does not mean you are a faithful or fruitful Christian – it only means you are busy.

Dangers of Busyness

1. Ruin our Joy
 - When our lives are frantic and frenzied, we are more prone to anxiety, resentment, impatience, and irritability
 - **ADVICE:** Knowing our limit – and planning for less than that (pg 27) – plan a margin for surprises. We are given 24 hours a day. No more, no less → plan for less.
2. Rob our hearts (Mark 4:1-20)
 - The work of the word is swallowed up by the desire for other things (Mark 4:19) → the most stressed-out people on the planet live in the most affluent countries. All the things we want and get – then take time to keep. Matthew 6:21 (where treasure is there heart is also)
 - The seed of God’s word won’t grow to fruitfulness without pruning for rest, quiet, and calm
3. Cover rot in our hearts
 - The hectic pace of life can make us physically and spiritually sick
 - Our busyness can be hiding deeper spiritual issues (Pride, people pleasing.. ect)
4. Effectively vs efficiently – cannot do many things WELL

What We Must Consider

1. Pride → Why are we doing what we are doing?!
 - Receive credit (pats on the back) → being the hero
 - Perfectionism/ I can do it better myself – “if you want something done right do it yourself”
 - People pleasing → saying yes to too many people/things, desire for approval/friendship
 - Possessions/Prestige → our own glory
 - Proving it to yourself you can do it
 - Boasting on social media
 - Power – need for control
 - We must evaluate the heart of why we are saying yes to something and adding more to our schedule
 - Are we more concerned with looking good than doing good?
 - It comes down to a heart issue. Are we serving to love others, or so others will love us? Are we living and dying by the approval of others
 - And really it hurts those closest to us – they get the leftovers because we are trying to please everyone else.

2. Trying to do what God does not expect of you
 - Every opportunity is not an obligation → mail solicitation
 - We all should be prepared to give an answer for the reason for the hope we have – not all of us have to go and do beach evangelism
 - We all should participate in the great commission but not all of us will live overseas
 - Do you live with a low level of guilt for not doing more
 - 1 Corinthian 12:12-27 – Body of Christ. We don't have to do it all and yet still be able to do everything God asks. We all have different gifts/calling
 - Remember – Jesus didn't do it all

3. Screen time addiction
 - Are you letting the screen strangle your soul
 - Biggest deception of the digital age says that we can be omni-competent, omni-informed, and omni present
 - We are all long overdue for screen sabbaths
 - Make boundaries and fight with all your might to protect them
 - We are always engaged with our thumbs and rarely engaged with our minds
 - 2 Peter 2:19 - whatever overcomes a person, to that he is enslaved

4. Rest
 - We are all getting less sleep than ever before. On average Americans get 2 and half fewer hours of sleep per night than a century ago.
 - If we want to keep going, we have to learn how to stop. We can't run incessantly and expect to run very well → life eventually becomes a malaise, until we can't take any more and spiral into illness, burnout or depression. Sleep deprivation is a trigger for problems such as obesity, and diabetes
 - We all need regular times of rest – it is better for your work, better for your soul, and better for the ones you love → schedule time to be unscheduled
 - God built it into the creation order and commanded it of his people

- Mark 2:27 – he made the sabbath for man not the man for sabbath
 - Both Work and rest are good if they are done to the glory of the Lord
 - The bible commands hard work (Prov 6:6-11, Matt 25:14-30, 1 Thes 2:9; 4:11-12, 2 Thes 3:10)
 - It also extols the virtue of rest (ex 20:8-11, Deut 5:12-15, Ps. 127.2)
 - Both have their place – the trick is finding the right balance
5. Expect seasons of busyness and suffering
- For Christ we must be content with weakness, hardships, persecutions... (2 Cor. 12:9) → Do not be surprised when you face crazy weeks, and do not be surprised when God sustains you in the midst of them.
 - It is possible to live your days in a flurry of hard work, serving, and bearing burdens, and to do so with the right character and a right dependence on God so that it doesn't feel crazy busy.

Setting Priorities

If someone recorded your life for a week, what would they say are your biggest priorities?

- Our priorities should dictate our time
 - We cannot serve others without setting priorities
- Mark 1:35-39 → (Pg 54,55)
 - In this passage we see Jesus's priorities in that moment
 - Goes back to the idea that every opportunity is not an obligation
 - Jesus is incredibly busy with ministry. And there was always more needs, but he stayed on task doing the things he was suppose to be doing.
 - He understood all the good things he COULD do, was not all the things he OUGHT to do
 - He knew his priorities and stuck to them.
- Hebrews 4:14-16 →
 - Jesus was tempted in every way we are tempted including busyness. It doesn't end there... in verse He is able to sympathize with us, and because of that we can draw near to the throne of grace with confidence to receive mercy and grace to help in a time of need.
 - We are not alone in this hectic life. We have a great high priest that we can turn to. And it is through our weakness we are made strong (2 Corinthians 12:8-10). God will sustain us.
 - This does not mean he will give us the strength to continue being busy doing ALL the things, but to prioritize our lives according to his purpose for our life. AND if it is what he desires you to be doing, you will have the strength and grace to continue.
- What are your priorities? What is your mission?
 - It is important to think about what really OUGHT to matter compared to what really IS mattering

- When it comes to making decisions and managing our time our operating principles often differ what we say our priorities are

Three truths:

1. I must set priorities because I can't do it all
 - Many of us budget our money, yet fail to budget our time
 - However, there is always ways to make more money. Time is much more limited. We are all granted 24 hours a day. We need to learn to budget our time well and allowing for that margin.
 - Time is perishable and cannot be restore
 - We have to discern what is good, from better and best (example – Mary vs Martha)
 - Being able to multitask well is a myth
2. I must set priorities if am to serve others more effectively
 - Stewarding our time isn't about selfishly only doing the things we want to do. Its choosing to effectively serve others with the BEST of you.
 - People are messy – and loving someone effectively is rarely efficient. It takes time.
 - Your priorities should get the best of you, not what is left of you.
 - This requires us to deliberately decide on what things we will chose NOT to do, because they do not align with our priorities. (Family Friday, B4D)
 - “So unless God intends for us to serve only the loudest, neediest, most intimidating people, we need to plan ahead, set priorities, and serve more wisely so that we might serve more effectively” – pg 62
 - Without set priorities, and a budgets time we let others dictate what we will and won't do.
3. I must allow others to set their own priorities.
 - “Here's what we can do to help each other immensely. Don't always expect the lunch request to work. Don't get upset when you're “what do you think” e-mail doesn't get answered. Don't be offended if you're need doesn't go to the top of the pile. Understand that people often say I'm busy because saying I have many priorities in life and right now you aren't one of them would be too painful. Don't think it rude if some people have less availability for you than you have for them and don't begrudge people the time you are so desperately fighting for. Unless we're God none of us deserve to be the priority for everyone else all of the time” – pg 64

Conclusion

- This is the beginning of a new day. You have been given this day to use as you will. You can waste it or use it for good. What you do today is important because you are exchanging a day of your life for it. When tomorrow comes, this day will be gone forever; in its place is something you left behind. Let it be something good.
- In all our busyness do we make time for God each day? Few things demonstrate our devotion to Christ more than making time with him a priority each day.
- Let's keep first things first

- Making consistent time for the word of God and prayer is the place to start because being with Jesus is the only thing strong enough to pull us away from busyness.
- Concentrate on changing one specific habit, instead of on the thousands of areas that make up our busy lives – you will be more successful focusing on ONE habit at a time. (example: church on Sunday)
- The busyness that's bad is not the busyness of work, but the busyness that works hard at the wrong things. Its being busy trying to please people, trying to control others, busy trying to do things we haven't been called to do.
- We are all called to work but let us work hard on the things we were called to do.

Resources:

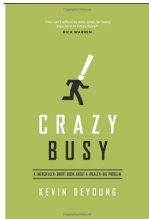
“Crazy Busy” by Kevin Deyoung

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- Thoughts to Ponder -

- Have I been so busy that I take the people in my life for granted, and fed important relationships in my life with leftovers?
- Have I been too busy to pursue God with my whole heart, soul, mind, and strength?
- Do I feel frazzled and overwhelmed most of the time?
- Busyness does not mean I am a faithful or fruitful Christian. It only means that I am BUSY.
- If someone recorded your life for a week, what would they say are your biggest priorities? What is the one thing they would say you MUST get done every day?

Dangers to Busyness



"The busyness that's bad is not the busyness of work, but the busyness that works hard at the wrong things. It's being busy trying to please people, trying to control others, busy trying to do things we haven't been called to do."

Things we should consider

1. Pride
2. Trying to do what God does not expect of you
3. Screen time
4. Rest
5. Expecting seasons of busyness

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Setting Priorities

Our priorities Should dictate our time

- Mark 1:35-39

- Hebrews 4:14-16

- What are your priorities? What is your mission?

Three Truths:

1. I must set priorities because I can't do it all
2. I must set priorities if I am to serve more effectively
3. I must allow others to set their own priorities

"This is the beginning of a new day. You have been given this day to use as you will. You could waste it or use it for good. What you do today is important because you are exchanging a day of your life for it. When tomorrow comes, this day will be gone forever, in its place is something you left behind. Let it be something good."