

## Slaughtering the Sacred Cow of Busyness



If you don't have time to rest, renew, or relate, then you are too busy! I challenge you to do something that could change your life, your relationships, and your faith. Use the following prompts to seriously evaluate the way you spend your time. The goal is to move from a "busy" life to a life that is full of God's plans, purposes, and peace.

1. **Start with prayer** - Ask for God's guidance and wisdom as you seek to bring your life in line with His best.
2. **Involve your family** – You need their support. Explain what you're doing and why. Your entire family could sit down together and prayerfully consider your commitments, including church activities.
3. **Make a list** - Be thorough. Include daily, weekly, and monthly activities. Include your individual activities and those of your family—anything you do on a regular basis.
4. **Wait** - Prayerfully let the list sit for a few days. Ask God to show you what things are from Him and what are not. Ask God to help you determine the limits of your time, resources, and energy.
5. **Discover your place of service** - God *does* have a place of service for you in your local church, so ask Him where He wants you. God has put the body together just as He determines and you are a part. Just keep in mind He does not intend for you to be a foot *and* a hand *and* an eye *and* a toe *and* an elbow . . .
6. **Make cuts** - Cut out activities and involvement as God directs. Unless God says otherwise, fulfill any commitments where people count on you, but do not volunteer for further service in that area.
7. **Set limits** - for yourself for future activities too. You might base limits on a number or amount of time. Set some limits on your children's activities too. Teach them now how to live life at God's pace, with plenty of room for Him.

Now make a fresh commitment to God. This is an appointment you *should* have on your calendar every day. If you have fallen out of the habit of a regular quiet time, then you will need discipline to rebuild it. If your time with God has been rushed, commit to slowing the pace. Use some of that new margin to foster intimacy with God.

*This guide is adapted from chapter three of "Fed Up with Flat Faith: 10 Attitudes and Actions to Pump Up Your Faith" by Kathy Howard.*