

The Christian Arsenal

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GOD'S ANTIDOTE TO BUSYNESS

Stressbusters

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Part 2

QUIZ TO FIND OUT IF YOU'RE A WORKAHOLIC:

1. Are you always in a hurry
2. Is your "ToDo" list always unrealistically long?
3. Do you use days off to catch up with unfinished work?
4. Has more than one person ever told you to slow down?
5. Do you feel guilty when you relax?
6. Do you have to get sick to take time off?

YOU KNOW YOU'RE A WORKAHOLIC WHEN:

- . . . all your Christmas cards come from business associates.
- . . . you head out for "Back to School" night and you don't know which one your kids attend.
- . . . you wear a beeper to church.
- . . . your family refers to you as "occupant".
- . . . you can unwind after work by watching Tom Snyder.
- . . . if you take business-related reading material into the bathroom.

"It is senseless for you to work so hard from early morning until late at night ... God wants his loved ones to get their proper rest." Psalm 127:2 (LB)

If you're burning the candle at both ends, you're not as bright as you think you are. Sometimes the most spiritual thing you can do is to go home and go to bed.

Unwind God's Way

"He makes me lie down in green pastures,
he leads me beside quiet waters," Ps 23:2

These images represent

_____ REST _____ and _____ REFRESHMENT _____

A CNN poll recently said that 59% of all Americans would like to slow down and relax more.

A Harris Poll said we have 8.5 hours less leisure time than we did a decade ago. We're working more and enjoying it less.

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GOD'S WAY TO R.E.L.A.X.

REALIZE _____ MY WORTH _____

“God decided to give us life through the word of truth so we might be the most important of all the things he made.” James 1:18 (NCV)

“your heavenly Father feeds the (sparrows). And you are far more valuable to him than they are.” Matt. 6:26 (LB)

3 Things to remember:

1. You will never understand how much God loves you here on earth.
2. There is nothing you can ever do in life that will make God love you more than He already does.
3. There is nothing you can ever do that will make God love you any less. His love is not based on your performance. It is unconditional love. It is based on who He is.

God says, “I have engraved you on the palms of my hands.” (Isa. 49:16)

ENJOY _____ WHAT I ALREADY HAVE _____

“All of us should ... enjoy what we have worked for; it is God's gift.” Eccl. 3:13 (GN)

We have these beautiful homes but nobody enjoys them because nobody is at home.

We get into a syndrome: The desire to acquire.

We buy things we don't need, with money we don't have, to impress people we don't even like.

We spend all our time making payments on these things we've bought and inevitably relationships begin to deteriorate.

“It is better to have only a little with peace of mind, than be busy all the time...” Eccl. 4:6 (GN)

The greatest things in life aren't things!

You have never seen a hearse pulling a U-Haul.

LIMIT _____ MY LABOR _____

“Only someone too stupid to find his way home would wear himself out with work!” Eccl. 10:15 (GN)

I need to schedule time for myself, with God, and with my family.

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“You have six days in which to do your work, but the 7th day is to be a day of rest dedicated to Me.” Ex. 20:9 (GN)

“Sabbath” means: _____ rest _____

“The Sabbath was made to benefit man...” Mark 2:27

What should I do when I need rest?

1. Rest my body.
2. Recharge my emotions.
3. Refocus my spirit.

If you are too Busy for God – YOU ARE TOO BUSY!!!

ADJUST _____ MY VALUES _____

“I’ve learned why people work so hard to succeed; it is because they envy the things their neighbors have.” Eccl. 4:4 (GN)

“What good is it for a man to gain the whole world, yet forfeit his soul?” Mark 8:26 (GN)

EXCHANGE _____ MY PRESSURE FOR GOD’S PEACE _____

There are three kinds of fatigue:

1. Physical fatigue – tired muscles. That can be replenished pretty quickly.
2. Emotional fatigue – tired emotions, feelings.
3. Spiritual fatigue – a dry spirit. This is the deepest.

A little child does not like to lie down, to rest. Resistance to rest is a mark of immaturity.

Psalm 23:2 “He makes me lie down.”

Paraphrase of Psalm 23

“The Lord is my pacesetter, I shall not rush. He makes me stop and rest at intervals. He provides me with images of stillness to restore my serenity. He leads me in the way of efficiency to calmness of mind and this guidance is peace. Even though I have a great many things to accomplish this day, I will not fret for His presence is here. His timeliness, His all-importance, will keep me in balance. He prepares refreshment and renewal in the midst of my activity, anointing my head with the oils of tranquility. My cup of joyous energy overflows. Surely harmony and effectiveness shall be the fruits of my house, for I shall walk in the pace of my Lord and dwell in His heaven forever.”

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Jesus: "Come to me, all of you who are tired and have heavy loads, and I will give you rest... the load I give you to carry is light." Matt. 11:28-29 (NCV)

Paraphrase of Matthew 11:28-29

"Are you tired? Are you worn out? Are you burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me. Watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill fitting on you. Keep company with me and you'll learn to live freely and lightly."