

# Crazy Busy

Going from burnout to balance

Sunday, January 5, 2014

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desert breeze  
community church



## Sermon Notes

### “Dangers to Avoid”

When we are Crazy Busy we put our souls at risk. The challenge is to not let our spiritual lives slip away.

#### Psalm 46:1-11

There are two realities of the modernized, urbanized, globalized world that most everyone else in human history could not fathom: Our complexity & our opportunity.

#### Effects of a Crazy Busy Lifestyle:

- 1) It will rob you of joy. (Phil4:4; Gal5:22; Jn15:11; Ps51:12)
- 2) It will choke your heart. (Mark 4:1-20)
- 3) It will make you less productive. (Pro21:5)
- 4) It will destroy your body. (Pro14:30)
- 5) It will cover up the rot in your soul. (Haggai 1:5-8)

#### How to S.L.O.W. the Pace:

**S**tart working from rather than for your identity.  
(Ps127:2; 2Cor5:17, 21)

**L**earn to say no.  
(Pro.25:28; Pro.20:25)

**O**bey the 4<sup>th</sup> Commandment.  
(Ex20:9-10; Mark 2:27-28)

**W**ait for the Lord.  
(Isa.40:31)

## Growing Notes

- 1) The crushing weight of work, family, exercise, bills, church, school, friends, and a barrage of decisions, demands, deadlines and desires can pose a serious threat to our souls. Explain. What are some of the good things we can be so busy & preoccupied with and what are some of the more important things in life that we can neglect & crash in?
- 2) Read Psalm 46:1-11. What stands out to you from this text? What do you think it means to “Be still and know that I am God” (v10)? How is worry & anxiety a failure to think or consider the implications of your salvation (v10 “Be still and know...”)? What are the two realities of our modernized, urbanized and globalized world and how do they play a role in our being crazy busy?
- 3) Review & reflect on the 5 effects along with corresponding verses. Which one(s) most resonate with you? The greatest danger with busyness is that there may be greater dangers you never have time to consider. Busyness can be a kind of anesthetic from experiencing the emptiness inside that only Christ can fill. Explain.
- 4) Review & reflect on how to S.L.O.W. the pace along with the corresponding verses. How are each of these point interrelated to one another? Which of these do you find most helpful? What does it mean to wait on the Lord and what is the promise for those who do (Isa40:31)? What are some things you can do this next week to slow the pace so that you can hear God more clearly & enjoy Him more deeply? Pray.