

# Crazy Busy

Going from burnout to balance

Sunday, February 23, 2014

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desert breeze  
community church



## Sermon Notes

### “Good, Better, Best”

To the degree I know that I have peace with God (Rom5:1) is to the degree I'll experience the peace of God (Phil4:7) ruling my heart to face anything.

Luke 10:38-42 Work is a good thing & it's better than doing nothing but the best thing is work that flows out of worship. If you worship God before you work than you can worship God in your work.

### Signs you Lack the Peace of God:

- **Doubting that God cares.** V40b “Lord, don't you not care...?”  
v41 The Lord answered her, “Martha, Martha, you are anxious...” (Ps8; 1Pet5:7)
- **Internal restlessness.** v41 The Lord answered her, “Martha, Martha, you are anxious & troubled about many things...” (Phil4:6-7)
- **Irritability with others.** V40c “Tell her...to help me.” (James4:1-4)

Mark 3:1-6 The man's shriveled hand is a picture of our lives until we are resting in the Lordship of Christ. 2Cor4:16; Pro4:18

### How to Get the Peace of God:

- **Recognize my restlessness comes from looking to something (Religion or Irreligion) to give me only what Jesus can give me.** V40 But Martha was distracted with much serving... (Mark 3:6; Luke 15:11-32; Pro4:23; Matt6:21)
- **Replace the worship of my idols with the worship of the only LORD who forgives me when I fail Him and fulfills me when I get Him.** V42 But one thing is necessary. Mary has chosen the good portion... (Ps1:2-3, 103; Isa58:13-14; Jn4:24)
- **Rejoice in the person & work of Christ until your heart is relishing, resting & releasing its grip on anything else it thinks that it can't live without.** v39 Mary set at Jesus' feet and listened to His teaching; (Mark 2:27-28; Jer29:13; Heb11:6; Col3:1-2)

## Growing Notes

- 1) Why do you think the degree to which you know (believe) that you have peace with God (Rom5:1) is to the degree you'll experience the peace of God ruling your heart (Phil4:7) to face anything? What are some things you can do with the practice of Sabbath rest to make peace with God a greater reality and therefore God your greatest delight (Isa58:13-14)?
- 2) Read Luke 10:32-38. What stands out to you from this story? Who do you tend to be more like Martha (controlling) or Mary (compliant)? How can a Mary type person be just as wrong as a Martha type person when run to an extreme? Work is a good thing & it's better than doing nothing but why do you think the best thing is work that flows out of worship?
- 3) What are the three signs that Martha lacked the peace of God (vv40-41)? Why do you think irritability with others (James4:1-4) comes from internal restlessness (Phil4:6-7) which comes from doubting God cares for us (Ps8; 1Pet5:7)? How is the man's shriveled hand in Mark 3:1-5 a picture of our lives until we are resting in the Lordship of Christ (2Cor4:16; Pro4:18)?
- 4) As you take time with the Lord why is it important to begin by realizing that your restlessness is coming from looking to something (Religion or Irreligion) to give you only what Jesus can give you and then to begin to replace the worship of your idols with the worship of the Lord Jesus Christ? What does it mean to rejoice in the person & work of Christ until your heart is relishing, resting & releasing its grip on anything else it thinks that it can't live without? What are your next steps to having a better Sabbath Rest? Pray.