AS JESUS AND HIS DISCIPLES WERE ON THEIR WAY, HE CAME TO A VILLAGE WHERE A WOMAN NAMED MARTHA OPENED HER HOME TO HIM. SHE HAD A SISTER CALLED MARY, WHO SAT AT THE LORD'S FEET LISTENING TO WHAT HE SAID. BUT MARTHA WAS DISTRACTED BY ALL THE PREPARATIONS THAT HAD TO BE MADE. SHE CAME TO HIM AND ASKED, "LORD, DON'T YOU CARE THAT

## LUKE 10:38-42

## MY SISTER HAS LEFT ME TO DO THE WORK BY MYSELF? TELL HER TO HELP ME!" "MARTHA, MARTHA," THE LORD ANSWERED, "YOU ARE FEW THINGS ARE NEEDED—OR INDEED ONLY WILL NOT BE TAKEN AWAY FROM HER."

## LUKE 10:38-42

WORRIED AND UPSET ABOUT MANY THINGS, BUT ONE. MARY HAS CHOSEN WHAT IS BETTER, AND IT







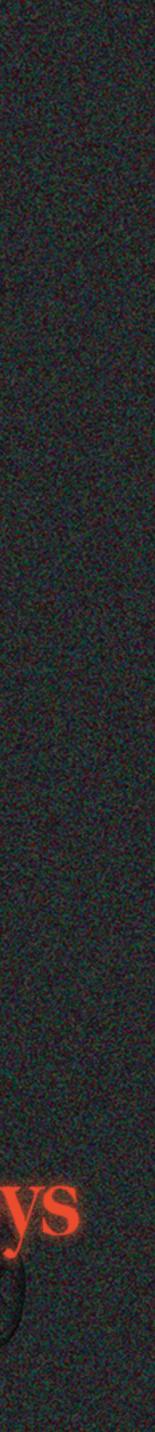
Busyness Apathy Lust Approval Cynicism Anxiety Pride



## HURRY IS THE GREAT ENEMY OF SPIRITUAL LIFE IN OUR DAY. YOU MUST RUTHLESSLY ELIMINATE HURRY FROM YOUR LIFE.

## DALLAS WILLARD

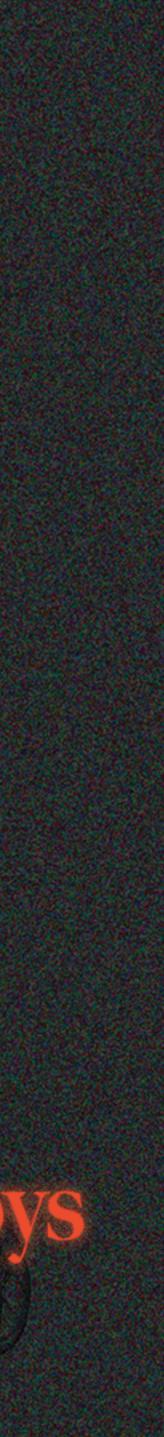




FOR MANY OF US, THE GREAT DANGER IS NOT THAT WE WILL RENOUNCE OUR FAITH. IT IS THAT WE WILL BECOME SO DISTRACTED AND RUSHED AND PREOCCUPIED THAT WE WILL SETTLE FOR A MEDIOCRE VERSION OF IT. WE WILL JUST SKIM OUR LIVES INSTEAD OF ACTUALLY LIVING THEM.

## JOHN ORTBERG





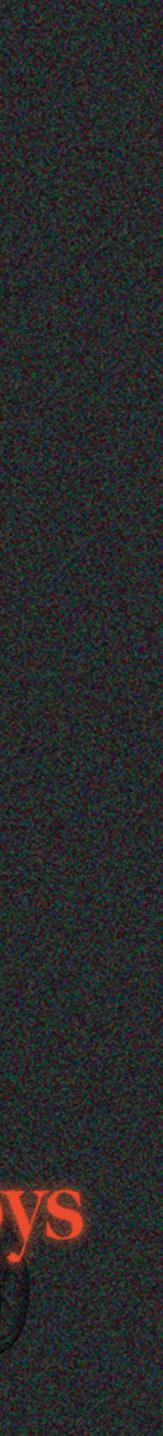
IT MAY BE THE CASE THAT (1) CHRISTIANS ARE ASSIMILATING TO A CULTURE OF BUSYNESS, HURRY AND OVERLOAD, WHICH LEADS TO (2) GOD BECOMING MORE MARGINALIZED IN CHRISTIANS' LIVES, WHICH LEADS TO (3) A DETERIORATING RELATIONSHIP WITH GOD, WHICH LEADS TO (4) CHRISTIANS BECOMING EVEN MORE VULNERABLE TO ADOPTING MCHAEL ZIGARELLI



SECULAR ASSUMPTIONS ABOUT HOW TO LIVE, WHICH LEADS TO (5) MORE CONFORMITY TO A CULTURE OF BUSYNESS, HURRY AND OVERLOAD. AND THEN THE CYCLE BEGINS AGAIN.

## MICHAEL ZIGARELLI















**"HURRY SICKNESS"** A MALAISE IN WHICH A PERSON FEELS CHRONICALLY SHORT OF TIME, AND SO TENDS TO PERFORM EVERY TASK FASTER AND TO GET FLUSTERED WHEN ENCOUNTERING ANY KIND OF DELAY.



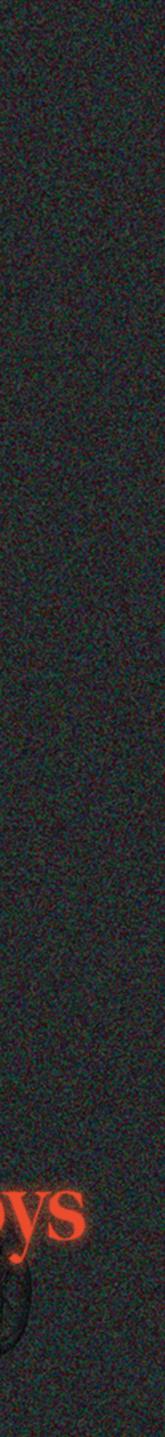


## I'M IN A HURRY TO GET THINGS DONE. I'M ALL I'VE REALLY GOTTA DO IS LIVE AND DIE, BUT I'M IN A HURRY AND DON'T KNOW WHY.



RUSHING AND RUSHING UNTIL LIFE'S NO FUN.







## SIGNS OF CHRONIC BUSYNESS: • IRRITABILITY



## SIGNS OF CHRONIC BUSYNESS: • IRRITABILITY RESTLESSNESS & WORKAHOLISM





## SIGNS OF CHRONIC BUSYNESS: IRRITABILITY RESTLESSNESS & WORKAHOLISM ESCAPIST BEHAVIORS

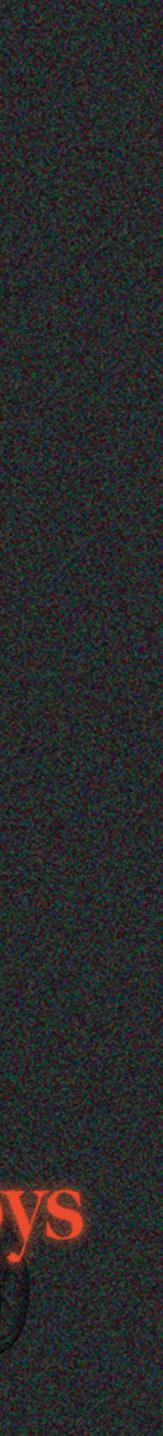


# SIGNS OF CHRONIC BUSYNESS: IRRITABILITY RESTLESSNESS & WORKAHOLISM ESCAPIST BEHAVIORS LACK OF CARE FOR YOUR BODY



## SIGNS OF CHRONIC BUSYNESS: IRRITABILITY RESTLESSNESS & WORKAHOLISM ESCAPIST BEHAVIORS LACK OF CARE FOR YOUR BODY • EMOTIONAL NUMBNESS





SIGNS OF CHRONIC BUSYNESS: • IRRITABILITY RESTLESSNESS & WORKAHOLISM ESCAPIST BEHAVIORS LACK OF CARE FOR YOUR BODY EMOTIONAL NUMBNESS ISOLATION





SIGNS OF CHRONIC BUSYNESS: • IRRITABILITY RESTLESSNESS & WORKAHOLISM ESCAPIST BEHAVIORS LACK OF CARE FOR YOUR BODY EMOTIONAL NUMBNESS ISOLATION

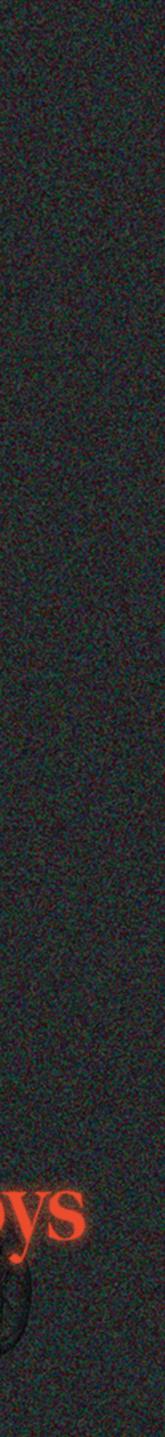






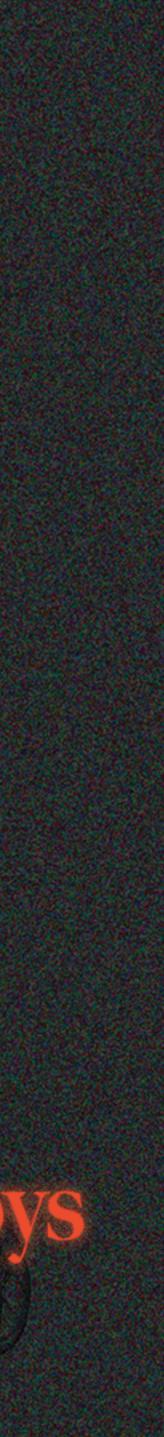






## SIGNIFICANCE A DISTRACTION







SILENCE AND SOLITUDE ARE COUNTERMEASURES FOR A WORLD THAT TRIES TO PERSUADE US THAT OUR WORTH IS MEASURED BY OUR USEFULNESS. THESE EXPERIENCES REMIND US THAT WE HAVE INTRINSIC VALUE TO GOD. WE DO NOT HAVE TO PRODUCE TO BE LOVED AND ACCEPTED BY HIM.

## JOHN KOESSLER





I AM THE VINE; YOU ARE THE BRANCHES. WHOEVER ABIDES IN ME AND I IN HIM, HE IT IS THAT BEARS MUCH FRUIT, FOR APART FROM ME YOU CAN DO NOTHING. IF ANYONE DOES NOT ABIDE IN ME HE IS THROWN AWAY LIKE A **BRANCH AND WITHERS; AND THE BRANCHES** ARE GATHERED, THROWN INTO THE FIRE, AND BURNED.

JOHN 15:5-6



