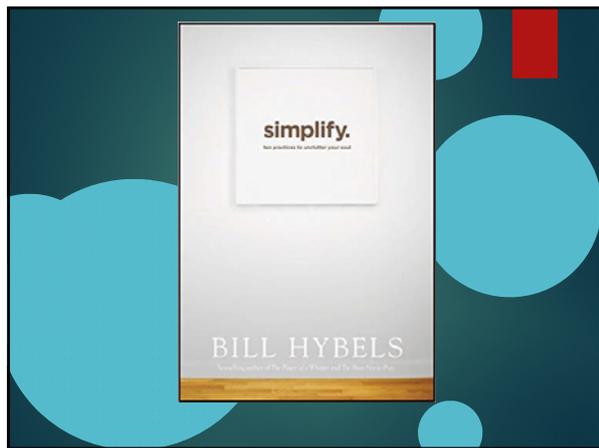


# Faith in a Frenetic world

HOW WE CAN WALK WITH GOD IN THE BUSYNESS OF LIFE

# how are you?




## Martha or Mary?

...She had a sister called Mary, who sat at the Lord's feet listening to what he said.<sup>40</sup> 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 my sister has left me to do the work by myself? Tell her to help me!"

<sup>41</sup> "Martha, Martha," the Lord answered, "you are worried and upset about many things,<sup>42</sup> but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."

Luke 10:38-42

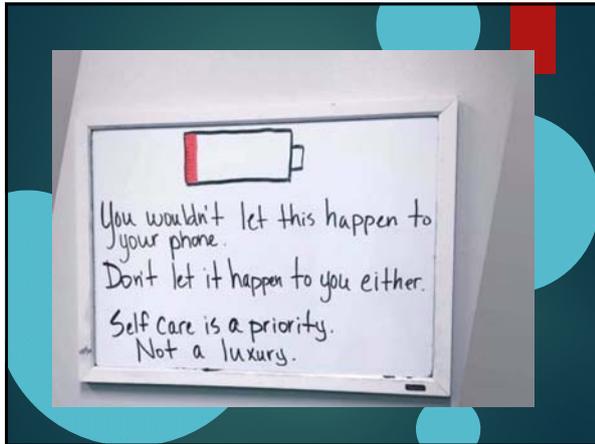
► Video: <http://www.simplifybook.com/curric>



KEEP YOUR BUCKET FULL

John 10:10 'I have come that they may have life and have it to the full'

Matthew 11:28-30  
"Come to me all you who are weary and burdened and I will give you rest. Take my yoke upon you... for my yoke is easy and my burden is light"



### Bucket Task:

- 1) Draw a picture of your bucket with a line showing your current level of fullness.
  - What fills your bucket?
  - Are you prioritising that? Why? Why Not?
  - What drains your bucket?/Depletes you...

▶ Discuss with those around you.

### Hybels: What fills your bucket.

- ▶ Connection with God..... 'CHAIR TIME'... start with 10 mins?
- ▶ Family & friends
- ▶ Satisfying work
- ▶ Recreation & Sabbath Rest
- ▶ Exercise

### Getting our priorities right: We're asking the wrong question...

NOT...

**'What have I got to get done/achieve in the next week/year/10 years?'**

### Getting our priorities right: We're asking the wrong question...

NOT...

**'What have I got to get done/achieve in the next week/year/10 years?'**

BUT...

**'Who do I want to become?'**  
**Or 'Who does God want me to become?'**

### 'Who does God want me to become?'

- A more present spouse?
- A more devoted parent?
- A more financially responsible individual?
- A more grateful employee?
- Less of a stranger to God?
- A more generous, forgiving person?
- A more persistent intercessor?
- A more devoted discipler/mentor?

Spend a couple of minutes beginning to answer this question

## The power of our Diaries:



- ▶ Does your diary match 'Who God wants you to become?' If not, how could you tweak your schedule? Less of what? More of what?
- ▶ If God was in charge of your diary... what would it look like?

## Diary tips:

- ▶ **Diary non-work/meeting responsibilities.**  
Family time, God time, spouse time, relaxation time, walk/exercise? Or just 'H-O-M-E'
- ▶ **Renegotiate, what are 'non-negotiables' in your diary...**
- ▶ **Plan ahead & block out diary**  
... plan holidays, spouse time, family time, retreat time months ahead
- ▶ **Pray with your diary**



## 2 final thoughts: Responsibility

- ▶ **'Sanctified neglect' - permission to ignore!**

John 17: 4 'I have brought you glory by completing the work you gave me to do'

**Jesus did not solve every problem and nor are we called to!**

**We are only called to do what God has called us to do - no more, no less...**

- ▶ **Don't carry responsibility that is not yours.**

Matt 11:28-30 'My yolk is easy and my burden is light'

**Give the ball of responsibility to God (or others!).**

