

Faith in a frenetic world:

How do we walk with God in the busyness of life
Seminar Sunday 19th May 2019

How would you describe how you are right now?

A biblical example: Mary & Martha (Luke 10:38-42)

- What do you relate to?

How full is your bucket?

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"

- **What fills your bucket?**

- **Are you prioritising that? Why? Why Not?**

- **What drains your bucket/depletes you?**

Hybels: What fills your bucket?

- 1) Connection with God..... 'CHAIR TIME' ... start with 10 mins?
- 2) Family & friends
- 3) Satisfying work
- 4) Recreation
- 5) Exercise

When you are depleted. Which of these tends to fill your bucket most effectively? Which ones are you most needing today? What might you do about it in the next week?

Getting our priorities right: Who do we want to become?

“Who do I want to become?” Or “Who does God want be to become?”

The power of our diaries:

- Does your diary match ‘who you want to become’/‘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 in non-work/meeting responsibilities.
 - ▶ Renegotiate, what are 'non-negotiables' in your diary...
 - ▶ Plan ahead & block out diary
 - ▶ Pray with your diary
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2 Final things...

1) Practise '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 do everything & meet every need. Nor do we need to!

2) 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 (in prayer) or others



What's the one thing I'll take away and act on from today's seminar?

Who am I going to be accountable to about it?

Some Resources:



Simplify: Ten Practices to unclutter your soul (Bill Hybels)

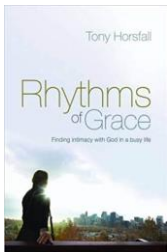
Book form (also available is the 'Simplify workbook'
or audio on youtube:

<https://www.youtube.com/watch?v=8hGXSoM9eC8>

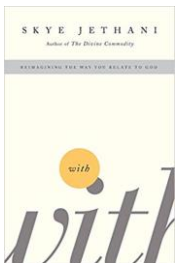
or watch videos:

<https://willowcreek.tv/archive/simplify/>

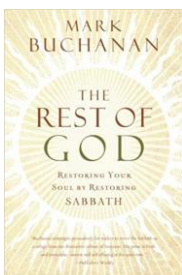
<https://www.youtube.com/watch?v=vHCOHB2eqeA&feature=youtu.be>



Rhythms of Grace: Finding intimacy with God in a busy life (Tony Horstfall)



With: Reimagining the Way You Relate to God (Skye Jethani)



The Rest of God: Restoring Your Soul by Restoring Sabbath (Mark Buchanan)