

CONFESSIONS OF A PASTOR

Part 4 | Sunday, October 2, 2016

"I'm addicted to busy."

WHAT DRIVES YOU?

1. _____ addiction
2. The need for _____, the hurried lifestyle
3. Addicted to busy
4. Perfectionism
5. The _____ train
6. FOMO: "Fear of _____"

FINDING THE RHYTHM OF LIFE

❖ _____ are required.

Exodus 20:8-11 Remember the Sabbath day by keeping it holy. 9 Six days you shall labor and do all your work, 10 but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. 11 For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

1. Use the day to _____ our body.

2. Use the day to recharge our _____.
3. Use the day to _____ our spirit.

Psalm 62:5 Yes, my soul, find rest in God; my hope comes from him.

Psalm 51:10 MSG God, make a fresh start in me, shape a Genesis week from the chaos of my life. Amen.

4. Use the day to reconnect with our _____.
5. Use the day to realign our _____.

Proverbs 20:25 It is a trap for a man to dedicate something rashly and only later to consider his vows.

- It's always easier to get into a commitment than get out of one.
- Just because I _____, doesn't mean I _____.

❖ We must create _____.

1. "It's the _____ between the notes that makes the music." ~ Noah benShea
2. We must _____ our lives and reduce the clutter.

1 Corinthians 6:12 AMP Everything is permissible for me but not everything is beneficial.

- "The ability to simplify means to eliminate the unnecessary so that the necessary may speak." ~ Hans Hofmann
- Clarity + Courage + Calendar = Simplicity

3. We identify the _____ of the constant push for more.
4. As long as we confuse our _____ with our work, we're going to be stressed out.

**All scriptures are from the NIV translation unless otherwise noted.*

Philippians 4:11-13 I am not saying this because I am in need, for I have learned to be content whatever the circumstances. 12 I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. 13 I can do everything through him who gives me strength.

GOING HIGHER

Set aside 30 minutes this week for self-examination and consider the following question:

1. Am I too busy? What would my family members say?
2. Are there things in my daily or weekly schedule that I don't have to do? Are there things someone else could or should be doing?
3. Where have I said, "Yes" that I should have said, "No?" How can I learn from this and is it possible to change?
4. What do I need to adjust to make my "Sabbath Pit Stop" more effective and restful?
5. Am I a slave to fame, fortune, friends, work, social media, or habits?
6. Am I using my busyness of life to avoid any issues, hurts, fears, or challenges?
7. Find a quiet place and ask God these two questions: "Do you love me?" and "Why?" Write down what you hear.