

## Today's Message Outline: "Stuck in the Doldrums"

The Common Struggles of:

**Pursuit:** We prove ourselves by building something significant, but at what cost; we pursue internal significance through technology.

**Pace:** We value efficiency and productivity in ways that are unsustainable and insignificant; we have dysfunctional commitment in the shape of multi-tasking, under-commitment and over-commitment.

**Priority:** We have unhealthy boundaries that cause a deep sense of fatigue, robbing us of joy and energy; we misuse an historically lopsided amount of discretionary time.

Biblical Truth to Our Busyness:

1. **Distraction** is when we fail to number our days appropriately.
  - Many things cause distraction, anxiety and worry but according to Jesus, only one thing is necessary. (Luke 10:38-42)
  - Most of us need to redefine and discern what God calls us to accomplish rather than automatically adding on everything presented to us. (Num. 11:16-17; Eph. 5:15-17; Ps. 101:3; Ps. 119:37; Eccl. 1:13-14; 2 Cor. 5:10)
  - God's good, pleasing and perfect will should create a "to-do-not" list of bad, unpleasing and imperfect things that we'll avoid. (Romans 12:2; Ps.90:12; Luke 21:34; Ps.16:6)
  - Jesus offers to give us rest, not to make us more efficient, give us more leisure or make us more productive. (Mt.11:28-30)
2. **Dysfunction** is when we live in the wilderness of works rather than entering "His rest". (Hebrews 4:9-11)
  - Rest is a **gift** of **grace** and is received by faith in what Jesus has done for us, not what we do for ourselves.
  - Rest is not "once for all" but for "**today**". (Hebrews 4:7)

"Be still, and know that I am God."  
Psalm 46:10

My Own Worst Enemy Series / week 6

Pastors Jay Passavant & Doug Melder

October 6-7, 2012

## MY OWN WORST ENEMY SERIES

### A Prayer For ... Rest

Father, your ways and your thoughts are higher than my ways and my thoughts. Renew my mind.

Remind me that I have been made to walk in and experience the righteousness that Christ won for me on the Cross. I confess that I am often more anxious than joyful when considering the commitments and obligations that fill my daily and weekly schedule. I confess that I am allowing Your Spirit that is within me to be crushed by the burdens and demands that I've placed on myself and my time or my family's time. I confess that I sometimes believe my value, worth, and significance are directly related to my level of busyness.

Father, forgive me for seeking first my own significance through my calendar, rather than seeking first Your Kingdom and Your righteousness through my calendar and trusting that You will enable me to accomplish all that You have given to me to accomplish today. Lord, empower me to see my time as a resource that belongs first to You and enable me to steward it in such a way that will bring Your joy and Your peace into my life or my family's life.

"The soul of the sluggard craves and gets nothing,  
while the soul of the diligent is richly supplied."  
Proverbs 13:4 (ESV)

### Small Group or Personal Reflection Questions:

1. Consider the 3 common struggles discussed in the sermon (Pursuit / Pace / Priority).
  - What's a concrete example of how have you struggled with each one of them recently?
  - Which of the three is the greatest struggle for you?
2. As the sermon turned towards application, there was a discussion of distraction. What are common distractions for you that cause you to be busy?
3. Read the Scriptures above under the distraction sub-points. Take time to process and write down your response to each one.
4. Can you think of anything that should be on a "to-do-not" list?
5. In regards to receiving the gracious gift of rest, how are you going to receive it in your life?