

Refreshingly Busy

How to refresh your schedule.

Mark 1:35-39, Refresh Series #2

September 20, 2009, Jeff Edwards, Northwest Community Church

Memory verse: *Acts 3:19* **Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord**

Q/ How can I do everything I need to do?

"I feel like I'm always rushing, always stressed, and still don't have enough time for the things in life that are most important to me. This stresses me out a lot. What can I do?"

-
-
-

Bible Principles:

1. An overburdened Christian is an oxymoron.

Mt 11:28 "Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light."

2. There's nothing wrong with being busy.

Ge 2:15 The LORD God took the man and put him in the Garden of Eden to work it and take care of it.

3. A weekly refresh is part of our programming.

Ex 23:12 "Six days do your work, but on the seventh day do not work, so that your ox and your donkey may rest and the slave born in your household, and the alien as well, may be refreshed."

4. It's smart to make time for the One who can make time.

Mk 1:35 Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

5. Jesus took control of his schedule, not the other way around.

Mk 1:36 Simon and his companions went to look for him, ³⁷ and when they found him, they exclaimed: "Everyone is looking for you!" ³⁸ Jesus replied, "Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come." ³⁹ So he traveled throughout Galilee, preaching in their synagogues and driving out demons.

Mk 6:31 Then, because so many people were coming and going that they did not even have a chance to eat, (Jesus) said to them, "Come with me by yourselves to a quiet place and get some rest."

"We must be ready to allow ourselves to be interrupted by God... God will be constantly crossing our paths and cancelling our plans by sending us people... we must not spare our hand where it can perform a service and... not assume that our schedule is our own to manage, but allow it to be arranged by God."

– Dietrich Bonhoeffer

A/ God's time-management can make a busy schedule refreshing!