

A Gospel-centred Approach to Busyness

We would all love to see people in our churches praying more, reading their Bibles more, engaging in evangelism more and so on. But people are constrained by their busyness. Nor are church leaders immune for over-busyness. While time management principles offer useful wisdom, they don't go to the heart of the issue. In this session we'll look at what it is that drives our busyness and how the gospel offers sustainable solutions.

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I. What is a balance between work and rest?

- A. A work-centred ethic – work is good and leisure is bad
- B. A leisure-centred ethic – leisure is good and work is bad
- C. A God-centred ethic – we both work and rest for the glory of God
- D. The sabbath principle – a balance of work and rest over a week

II. How can we achieve a balance between work and rest?

- A. How can I use my time more efficiently?
- B. What are my priorities?

C. What thinking creates the pressure to do more than God expects me to do?

III. How does my busyness reflect a lack of faith?

A. I am busy because I need to earn or save enough money – God alone is my joy

B. I am busy because otherwise things get out of control – God alone is my provider

C. I am busy because I need to get things right – God alone is my glory

D. I am busy because other people need me – God alone is the Lord

E. I am busy because of other people's expectations – God alone is my Master

F. I am busy because I need to prove myself – God alone is my Saviour

Suggested Reading:

Tim Chester, *The Busy Christians Guide to Busyness* (IVP)