

TAKING ACTION ON BUSYNESS
#SermonBusyness
When You're Running On Empty Part 3
Dr. Mark Jackson - April 22, 2018

Luke 10:38-42 While Jesus and his followers were traveling, Jesus went into a town. A woman named Martha let Jesus stay at her house. ³⁹ Martha had a sister named Mary, who was sitting at Jesus' feet and listening to him teach. ⁴⁰ But **Martha was busy with all the work** to be done. She went in and said, "Lord, don't you care that my sister has left me alone to do all the work? Tell her to help me." ⁴¹ But the Lord answered her, "Martha, Martha, you are worried and upset about many things. ⁴² Only **one thing is important**. **Mary has chosen the better thing**, and it will never be taken away from her." (NCV)

HOW TO BATTLE BUSYNESS

1. LEARN TO SAY "NO"

John 7:8 You go on. **I'm not going** to this festival, because my time has not yet come. (NLT)

Matthew 16:24 Then Jesus said to his disciples, "Those who want to come with me **must say no** to the things they want..." (GW)

2. LEAVE SOME ROOM IN YOUR LIFE

Job 14:5 Our time is **limited**. You have given us only so many months to live and have set **limits** we cannot go beyond. (NCV)

Luke 9:62 But Jesus told him, "Anyone who **lets himself be distracted** from the work I plan for him is not fit for the Kingdom of God." (LB)

2 Timothy 2:4 Soldiers **don't get tied up in the affairs of civilian life**, for then they cannot please the officer who enlisted them. (NLT)

1 Corinthians 10:23a Everything is **permissible**--but not everything is **beneficial**. (NIV)

3. GET RID OF STUFF

Ecclesiastes 3:6b There is a time to keep things and a time to **throw things away**. (ICB)

Hebrews 12:1b We should **remove** from our lives **anything** that would get in the way

and... holds us back. (NCV)

1 Corinthians 16:22b Make room for the Master! (MSG)

4. RECOGNIZE WHEN ENOUGH IS ENOUGH

Proverbs 30:8 ...give me neither poverty nor riches! **Give me just enough** to satisfy my needs. (NLT)

1 Timothy 6:8 So then, if we have food and clothes, that should be **enough for us**. (TEV)

2 Corinthians 13:4 Although He died on the cross in weakness, He now lives by the mighty power of God. **We, too, are weak, but we live in Him and have God's power...** (NLT)