

**SOUL SHAPING**  
**CONFORMING TO THE IMAGE OF CHRIST**  
**"Too Busy? Need Focus?"**  
**Luke 10:38-42 (Pew Bible Page 735)**

*"Hurry is not of the devil...hurry is the devil" Carl Jung*

*"We run at the speed of light and miss the speed of life"*

*"Toxic busyness is destroying my family"*

Amen or Oh My?

**Leadership Journal Survey**

83% of church leaders say busyness is the #1 hindrance to their spiritual growth...64% of 20k believers agree

**TOXIC BUSYNESS**

1. Too busy for **FAMILY**

*"There never seems to be enough time to do the things you want to do once you find them"*

Jim Croce

2. Too busy for **GOD**

The goal of following Jesus is not busyness but faithfulness.  
If you are too busy for God....

3. Too busy to **SERVE**

Luke 10:25-37 The Good Samaritan Story  
Too busy doing good to be good

Symptoms of toxic busyness might include...

We can get so busy we play at our worship, worship our work and work at our play.

**THE CURE FOR TOXIC BUSYNESS**

*To Regain Spiritual Health and Focus...*

1. Try **UNPLUGGING**

*"Be still before the LORD and wait patiently before Him"*

Psalm 37:7

Don't give a wit... **TAKE A BREAK**

Be still before the Lord and... "Can I get back to you?"

2. Try being **SILENT**  
"Be silent before the Sovereign LORD" Zephaniah 1:7

"Be still and know that I am God, I will be exalted" Psalm 46:10

**BE QUIET**

3. Try to find **SOLITUDE**

Not just being alone but being free of distractions

"At daybreak Jesus went out to a solitary place" Luke 4:42

Luke 6:12

Choose time to **RECHARGE** and **REALIGN**

4. Try getting **REST**

Busyness has its payoff: **PHYSICAL AND EMOTIONAL FATIGUE**

Isaiah 40:29-31

Genesis 2:3

Rest is God's gift to you...resting is your gift to God

Luke 10:38-42

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