



## SPIRITUAL BUSYNESS

J.J. Turner, Ph.D. ©

It sounds like a noble desire, a sign of real spirituality: *I want to be worn out in the Lord's work.* Then, *We will rest in heaven.* Yes, there is a place for doing good works in Christ (cf. Ephesians 2:9, 10). On the back cover of Marc Lesser's book **Less**, we read: *"A certain kind of busyness is crucial to life, allowing us to earn a living, create art, and achieve success. But too often it consumes us and we become crazy busy, nonstop busy, and we expend extraneous effort that gets us nowhere."* This book is a plea for learning that "less is more." A message many Christians need, too.

It's difficult for Christians to benefit from all the blessings intended by God when we are too busy. This is why God said, *"be still, and know that I am God"* (Psalm 46:10). In the midst of a busy schedule when people were seeking Him, Jesus said, *"...Come with me by yourselves to a quiet place and get some rest. So they went away by themselves in a boat to a solitary place"* (Mark 6:31, 32).

If we are not careful, busyness can become an enemy to our spirituality and relationship with God and one another. In our busyness we don't usually set aside time. .

- . . . to meditate on God's Word (Psalm 119:27, 97)
- . . . to study God's word (2 Timothy 2:15)
- . . . to visit those in need (James 1:27)
- . . . to enjoy nature (Matthew 6:29-39)
- . . . to relax and find time to rest (Mark 6:31, 32)
- . . . to spend meaningful time with others (Matthew 25)
- . . . to keep your word and promises (James 5:12)
- . . . to make God's priority our priority (Matthew 6:33)



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. . . to pray without ceasing (1 Thessalonians 5:17)

Nothing is more threatening to a serious Christian than to be thought lazy or actually be lazy. Thus, the more activities one may engage in, the more he/she will be applauded as “faithful.” The more blocks you can check of and hoops you can jump through, the more you will be admired and spoken about favorably. Tragic thinking!

How may I drop out of the busyness brigade and start experiencing the peace promised by God? First we must stop compartmentalizing our lives; acting as though we switch from “spiritual work” to “carnal or secular work.” (....to be continued...).