

## Week 11: Busyness

### What the Bible says about Time & Priorities

**Matthew 6:33**

But seek first the kingdom of God and his righteousness, and all these things will be added to you.

**Romans:12:2**

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect

**Luke 12:34**

For where your treasure is, there will your heart be also.

**Exodus 20:3**

You shall have no other gods before me.

**Mark 8:36**

For what does it profit a man to gain the whole world and forfeit his soul?

**Matthew 6:24**

No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money.

**Psalms 90:12**

So teach us to number our days that we may get a heart of wisdom.

**Micah 6:8**

He has told you, O man, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?

**Colossians 3:2**

Set your minds on things that are above, not on things that are on earth.

**Ephesians 5:15-16**

Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil.

**Scripture Memory Challenge:** *Commit to memorizing 1 of these verses each week until you have memorized all 10 of them.*

# Why Are We So Busy?

Finish these sentences:

Pressed for \_\_\_\_\_. Running out of \_\_\_\_\_. Not enough \_\_\_\_\_ in the day.

## 7 REASONS WHY WE MIGHT BE SO BUSY

#1- Busyness as a **Badge of Honor**

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#2- Busyness as **Job Security**

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#3- Busyness as a way to avoid **FOMO** (fear of missing out)

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#4- Busyness as a **By-Product of Digital Age**

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#5- Busyness as a **Time Filler**

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#6- Busyness as a **Necessity**

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#7- Busyness as a means of **Escape**

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WHAT FILLS YOUR TIME?

APRIL

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

**VALUES**

1 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**KEY TAKEAWAY**

**OUR** \_\_\_\_\_ **SHOULD BE** \_\_\_\_\_

**IN OUR** \_\_\_\_\_.

**So, teach us to number our days  
that we may get a heart of wisdom. Psalm 90:12**

**When you see how much time you have, you tend to:**

1) Get serious about the time you have .....

2) Make what matters matter .....

3) Value what happens over .....

LOVE over TIME gives .....

WORDS over TIME give .....

STORIES over TIME give .....

FUN over TIME gives you .....

TRIBES over TIME gives a sense of .....

4) Be more present for a .....

## **NOTES**

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