



THE BUSY-NESS OF OUR BUSINESS

“I don’t know how we arrived at this place,” observes one writer. “It’s all part of the unintended consequences of scientific advances in conveniences, I guess, like the way e-mail just gives you one more thing to check every day”

“Death By Detail”, Seu, World Magazine, June 1, 2002





**ALWAYS SO BUSY
BUT ACCOMPLISHING NOTHING**

MARTHA, MARTHA

LUKE 10:38-42

"Now as they were traveling along, He entered a certain village; and a woman named Martha welcomed Him into her home. And she had a sister named Mary, who moreover was listening to the Lord's word, seated at His feet. But Martha was distracted with all her preparation; and she came up to Him, and said, 'Lord, do You not care that my sister has left me to do all the serving alone?

Then tell her to help me.'

But the Lord answered and said to her, 'Martha, Martha, you are worried and bothered about so many things; but only a few things are necessary, really only one, for Mary has chosen the good part, which shall not be taken away from her'"





WHY IS DOWN TIME SO
TERRIFYING?

- “Now when Jesus heard it, He withdrew from there in a boat, to a lonely place by Himself” (Matthew 14:13).
- “And in the early morning, while it was still dark, He arose and went out and departed to a lonely place, and was praying there” (Mark 1:35).
- “After bidding them farewell, He departed to the mountain to pray” (Mark 6:46).
- “But He Himself would often slip away to the wilderness to pray” (Luke 5:16).
- “And it was at this time that He went off to the mountain to pray, and He spent the whole night in prayer to God” (Luke 6:12).

BENEFITS OF BEING "OFFLINE"

- Time alone facilitates uninterrupted thinking.
- It helps reverse the effects of constant media bombardment. I learn to focus on one thought for more than a few moments. Notice the role of meditation in Psalm 119.
- Intentionally leave gaps in your schedule for reflection and prayer (Genesis 24:63).
- Flexibility means time for righteous deeds. Remember the good Samaritan (Luke 10:30-37).