

THE BONDAGE OF BUSYNESS



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Introduction: Busyness is our new badge of honor. We admire people who can multitask and who appear to handle home, work, and hobbies efficiently. We have all heard the axiom, “If you want something done, ask someone who is busy”; implying somehow one more thing added to his task list makes him more capable of doing it. Who thought that up? When someone asks, “How are you doing?” “Busy” seems to be the correct answer we want to give. A busy life tells others we are needed, but more importantly, busyness has become equal to significance. We conclude that if we are busy, then our activities, our lives, must matter.

Only one letter turns business into busyness. Business is about carrying out a task that produces something. Busyness is simply the state of being busy. Business has purpose, direction, and outputs. Busyness is empty, random, and seldom produces more than anxiety that you have not finished your to-do list for that day!

What are the dangers of a life filled with busyness?

We become too busy for God. A deacon said to the pastor one day, “I have discovered how Satan keeps me from God.” “How?” the pastor inquired. “He just speeds up the



merry-go-round.” The more he said yes to opportunities for activity in his family, church, and job, he found he had to say no to his time with God.

Jesus said, “I am the vine; you are the branches. The one who remains in Me and I in him produces much fruit, because you can do nothing without Me” (John 15:5). The original word for “remains” can also be interpreted “abide.” (NASB) Jesus promised that if we abide in a relationship with Him, our lives will produce eternally significant things. On the other hand, without an abiding relationship with Him, we can do nothing. How can you remain in Christ if you are moving frantically about the day?

We become too busy for our marriages. Relationships require time. Busyness robs us of the time needed to deepen the relationship with our spouses. Travel related to work, extra hours spent on hobbies, and even time invested in children’s activities take away time needed to build a strong foundation for marriage.

King Solomon, the wise king of Israel, told husbands to “Enjoy life with the wife you love all the days of your fleeting life, which has been given to you under the sun, all your fleeting days” (Eccl. 9:9). It is difficult to “enjoy life” when you are busy, and it is even more difficult to “enjoy life with the wife you love” when your days and nights are filled with activities that edge out both.

We become too busy for other people. “I’m lonely” is the confession too often of those who are busy. “I’m too tired” is a busy parent’s reply to a child’s request to play a game with him. “I can’t help one more person” can become the complaint of a fatigued servant.

Jesus has called us to “love [our] neighbor as [ourselves],” but how can we do that when we don’t even have time for ourselves?



This week you will begin a study that will help you to reduce busyness in your life so you will have more time for your core relationships with God, family, and others. Busyness is the result of choices you make to fill the gift of time God has given you. Make the choice now to make time for this study so your life will be filled with those relationships that have eternal significance.

