



PAUSE

Exchanging a Life of Rush for a Life of Rest

*“It does seem to me that at least some of us have made an idol of exhaustion. The only time we know that we have done enough is when we are running on empty and when the ones we love most are the ones we see least. When we lie down to sleep at night, we offer our full appointment calendars to God in lieu of prayer, believing that God—who is as busy as we are—will surely understand.” --Barbara Brown Taylor, “Divine Subtraction”, in *The Christian Century**



PAUSE

Exchanging a Life of Rush for a Life of Rest

Busyness:

Relationship-destroying, constant stream
of endless activity!



PAUSE

Exchanging a Life of Rush for a Life of Rest

Focus:

A single-minded devotion to and enduring pursuit of God.



PAUSE

Exchanging a Life of Rush for a Life of Rest

Busyness Robs Us of

Spiritual Vitality



PAUSE

Exchanging a Life of Rush for a Life of Rest

“The sin many of us fall into is not that we shake our fists at God and defy Him to His face; that is the sin of unbelievers. Our sin is that we passively rebel against God, filling our lives with so much noise and busyness that God’s voice cannot, or will not, penetrate.”



PAUSE

Exchanging a Life of Rush for a Life of Rest

Busyness Robs Us of

Spiritual Vitality
Intentionality



PAUSE

Exchanging a Life of Rush for a Life of Rest

“Being busy seems like the polar opposite of laziness, but a busy person is not so much active as lost. A lazy person does almost little to nothing while a busy person does almost everything, but the similarity is that both refuse to be intentional. Busyness is the moral equivalent of laziness.”



PAUSE

Exchanging a Life of Rush for a Life of Rest

Busyness Robs Us of

Spiritual Vitality
Intentionality
Opportunity



PAUSE

Exchanging a Life of Rush for a Life of Rest

Busyness Robs Us of

Spiritual Vitality
Intentionality
Opportunity
Life



PAUSE

Exchanging a Life of Rush for a Life of Rest

Solutions for Busyness

Unplugging



PAUSE

Exchanging a Life of Rush for a Life of Rest

Solutions for Busyness

Unplugging
Silence



PAUSE

Exchanging a Life of Rush for a Life of Rest

Solutions for Busyness

Unplugging
Silence
Solitude



PAUSE

Exchanging a Life of Rush for a Life of Rest

“A drug addict cannot expect to give up drugs without paying the price of withdrawal. We who have been drugged by diversions cannot expect to enter the quiet without a struggle. Our souls will roar for diversion, the fix that saves us from God’s presence.”



PAUSE

Exchanging a Life of Rush for a Life of Rest

Solutions for Busyness

Unplugging
Silence
Solitude
Rest



PAUSE

Exchanging a Life of Rush for a Life of Rest



PAUSE

Exchanging a Life of Rush for a Life of Rest