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## PRODUCTIVITY - UNHURRIED ISN'T LAZY

Review - Last week we talked about balancing the busyness of life so that we don't live hurried. A hurried life is an unhealthy life.

Being unhurried isn't unproductive or lazy. *You can actually live unhurried and have a more significant and productive life!*

### A case to live less hurried

Proverbs 3:5-6 (ESV) <sup>5</sup>Trust in the LORD with all your heart, and do not lean on your own understanding. <sup>6</sup>In all your ways acknowledge him, and he will make straight your paths.

- Trust requires unhurried time with God. Time with God leads to understanding His will for your life.

John 5:19 (ESV) So Jesus said to them, "Truly, truly, I say to you, the Son can do nothing of his own accord, but only what he sees the Father doing. For whatever the Father does, that the Son does likewise."

- Jesus got away with the Father to hear from Him. If Jesus made time alone with the Father, shouldn't we?

Hurry and urgency makes sense when appropriate.

- When your child is about to run out in the street - urgency is good!
- The fires in Athol the past few years created a sense of important urgency.
- The fact that Jesus is returning ought to put some urgency in our plans. Read Matt. 25

Urgency - the quality of something being very important and needing attention immediately.

Many of us live our lives as if everything is urgent or an emergency. Our culture rewards 'hurry' in hope to increase productivity.

- The early bird gets the worm!
- Strike while the iron is hot!
- Time is money.
- This is a critical issue, I need an answer!
- FOMO - fear of missing out

Who can sustain urgency all the time? If you try, you *will* burn out.

When we look at Jesus, we see a different picture.

Mark 4:36-39 (ESV) <sup>36</sup>And leaving the crowd, they took him with them in the boat, just as he was. And other boats were with him. <sup>37</sup>And a great windstorm arose, and the waves were breaking into the boat, so that the boat was already filling. <sup>38</sup>But he was in the stern, asleep on the cushion. And they woke him and said to him, "Teacher, do you not care that we are perishing?" <sup>39</sup>And he awoke and rebuked the wind and said to the sea, "Peace! Be still!" And the wind ceased, and there was a great calm.

- Fear provoked an urgent reaction from the disciples.
- Jesus didn't stress over the storm. He was relaxed. Relaxed doesn't mean *unengaged*. He was very engaged and intentional in all He did!

Being relaxed is not being lazy. But if too laid back, we can miss important opportunities God has for us.

## Being unhurried is not lazy

Proverbs 6:6-11 (ESV) <sup>6</sup> Go to the ant, O sluggard; consider her ways, and be wise. <sup>7</sup> Without having any chief, officer, or ruler, she prepares her bread in summer and gathers her food in harvest. <sup>9</sup> How long will you lie there, O sluggard? When will you <sup>8</sup> arise from your sleep? <sup>10</sup> A little sleep, a little slumber, a little folding of the hands to rest, <sup>11</sup> and poverty will come upon you like a robber, and want like an armed man.

- The ant is wise and worthy of imitation because it works hard without having to be *told* to work hard. God has wired us to work hard, just not at a pace where we get ahead of Him or burn out.
- God gives each of us work to do and life to live, but we face many distractions.
- There is an attitude that can creep in from fatigue, depression and burnout. It's called Acedia, which means not to care.
- At times we all want to get away from the pressures and responsibilities we face. Procrastinating or becoming apathetic aren't effective ways of dealing with burnout. God provides another way.

## How do we live less hurried? How do we have productive downtime?

### - Learn to relax in God's presence

Luke 10:38-42 (NLT) <sup>38</sup> As Jesus and the disciples continued on their way to Jerusalem, they came to a certain village where a woman named Martha welcomed him into her home. <sup>39</sup> Her sister, Mary, sat at the Lord's feet, listening to what he taught. <sup>40</sup> But Martha was distracted by the big dinner she was preparing. She came to Jesus and said, "Lord, doesn't it seem unfair to you that my sister just sits here while I do all the work? Tell her to come and help me." <sup>41</sup> But the Lord said to her, "My dear Martha, you are worried and upset over all these details! <sup>42</sup> There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her."

- Martha was distracted and resentful, probably tired and maxed out.
- Mary focused on the "one thing", her simple devotion to Jesus, loving Him by listening to Him.
- Mary chose to focus on Jesus and that time was productive.
- Productive down time is time to clear your head and rest in the quiet with Jesus.

### - Learn to yoke yourself to Jesus

Matthew 11:28-30 (ESV) <sup>28</sup> Come to me, all who labor and are heavy laden, and I will give you rest. <sup>29</sup> Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy, and my burden is light."

- Abiding in Christ will provide rest.
- Jesus' yoke implies work, not escape - it doesn't mean all our troubles go away!
- His burden is easy and light because when yoked, we are in step with Jesus and His Spirit.

### - Grace enables us to do God's good work

1 Corinthians 15:10 (ESV) But by the grace of God I am what I am, and his grace toward me was not in vain. On the contrary, I worked harder than any of them, though it was not I, but the grace of God that is with me.

- "Grace enables quality, hard work. Grace does not inspire fruitless overwork." *Alan Fadling*

### Application:

1. Intentionally spend quiet time with God throughout the day, not just on Sunday!
2. Assess which activities in my life are unhealthy..... screen time? Build margin into your schedule for rest.

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