

CHOOSING WHAT MATTERS MOST

When You're Running on Empty

Luke 10:38-42

LIES THAT KEEP US BUSY

4 lies that will keep us busy

- ✓ *"There's just not enough time to do everything."*
- ✓ *"It's just a busy season I'm in right now."*
- ✓ *"But, this is really important."*
- ✓ *"I'm the only one that can do this."*

A PATTERN OF BUSYNESS

GOOD INTENTIONS -> DISTRACTIONS MOVE IN ->

PRESSURE & PITY ARISES -> RESENTMENT

HOW TO SAY 'NO' TO THINGS THAT DRAIN YOU

3 Action Steps

- ❶ CONFESS THE LIE.
- ❷ NAME THE DISTRACTIONS.
- ❸ CHOOSE WHAT IS BETTER.

Choosing What Matters Most *Part 1*...Message by Pastor Jesse E. - (6/28/15).
Sermon Series: When You Are Running On Empty

REALife Application

Scripture for the Week

During the week, you can read and meditate on these verses of Scripture.

Job 14:5 Man's days are determined; you have decreed the number of his months and have set limits he cannot exceed.

Psalms 39:4 "Show me, O LORD, my life's end and the number of my days; let me know how fleeting is my life.

Psalms 39:5-7 You have made my days a mere handbreadth; the span of my years is as nothing before you. Each man's life is but a breath. Man is a mere phantom as he goes to and fro: He bustles about, but only in vain; he heaps up wealth, not knowing who will get it. "But now, Lord, what do I look for? My hope is in you.

Psalms 90:12 Teach us to number our days aright, that we may gain a heart of wisdom.

Psalms 89:47 Remember how fleeting is my life. For what futility you have created all men!

Proverbs 3:5-6 Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.

James 4:13-16 Now listen, you who say, "Today or tomorrow we will go to this or that city, spend a year there, carry on business and make money." Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes. Instead, you ought to say, "If it is the Lord's will, we will live and do this or that." As it is, you boast and brag. All such boasting is evil.

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4 lies that will keep us busy

✓ "There's just not _____ to do everything."

✓ "It's just a _____ I'm in right now."

✓ "But, this is _____."

✓ "I'm _____ that can do this."

A PATTERN OF BUSYNESS

_____ -> _____ ->

_____ -> _____

HOW TO SAY 'NO' TO THINGS THAT DRAIN YOU

3 Action Steps

① _____ THE LIE.

② _____ THE DISTRACTIONS.

③ _____ WHAT IS BETTER.

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