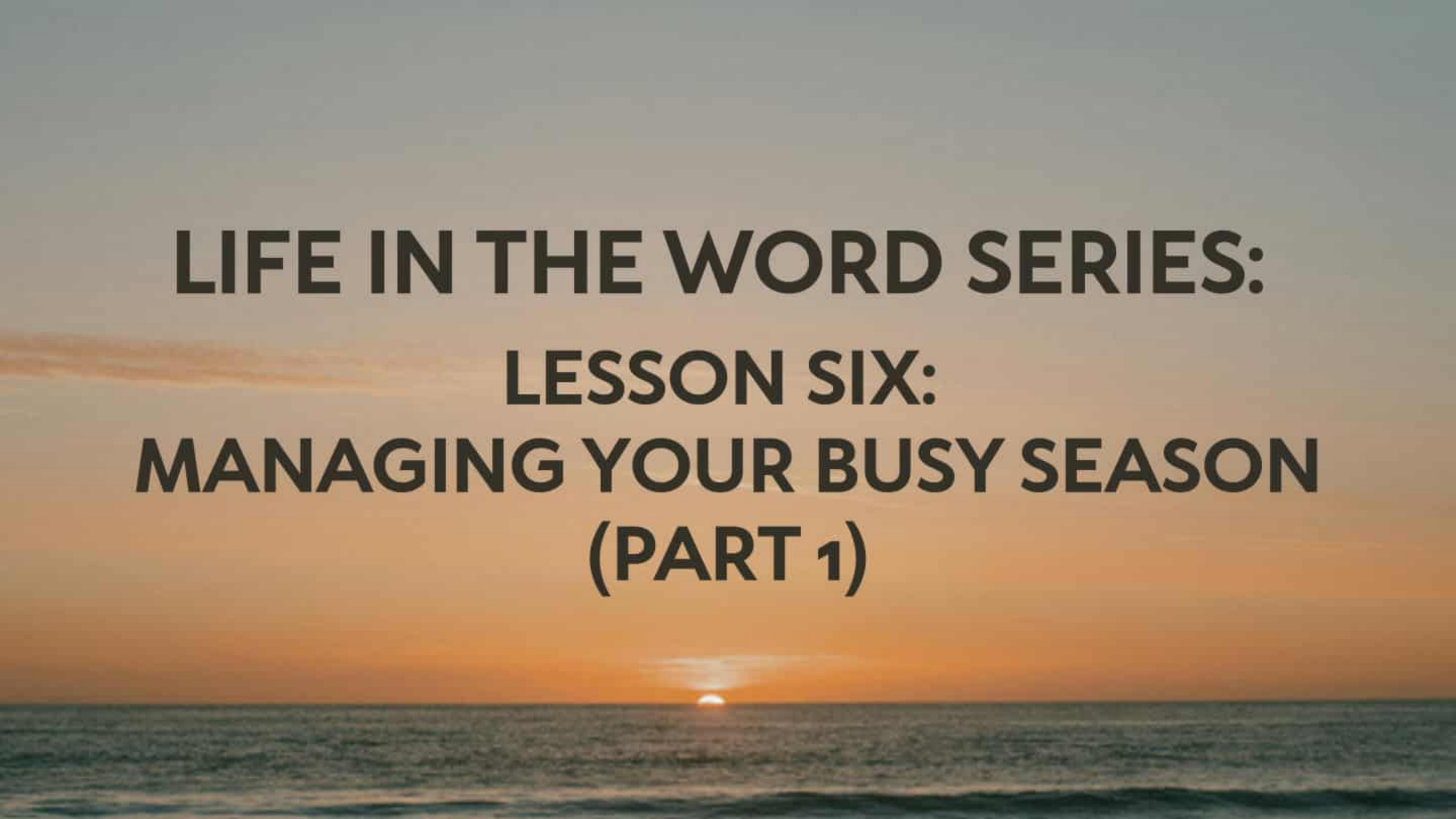
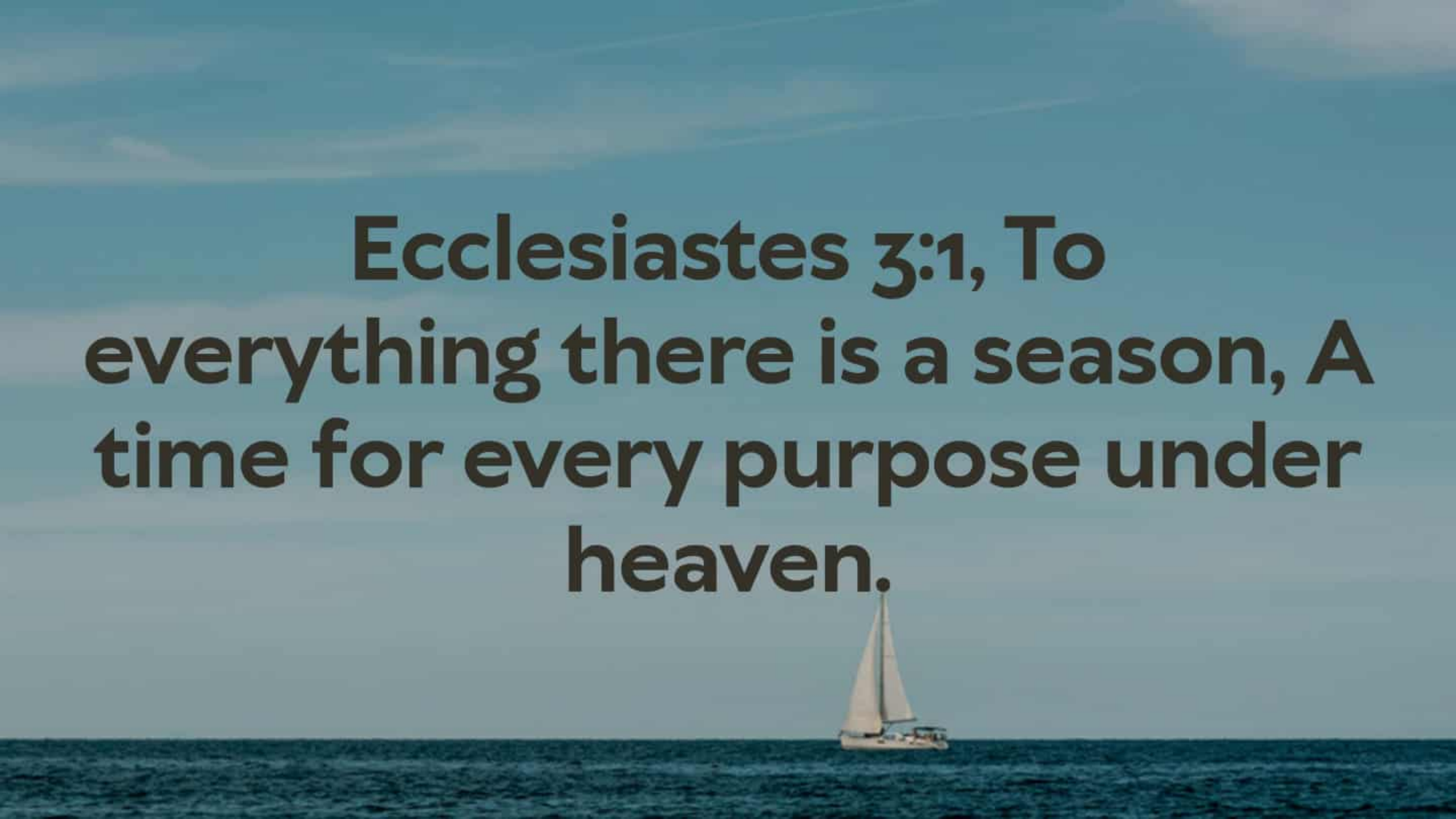
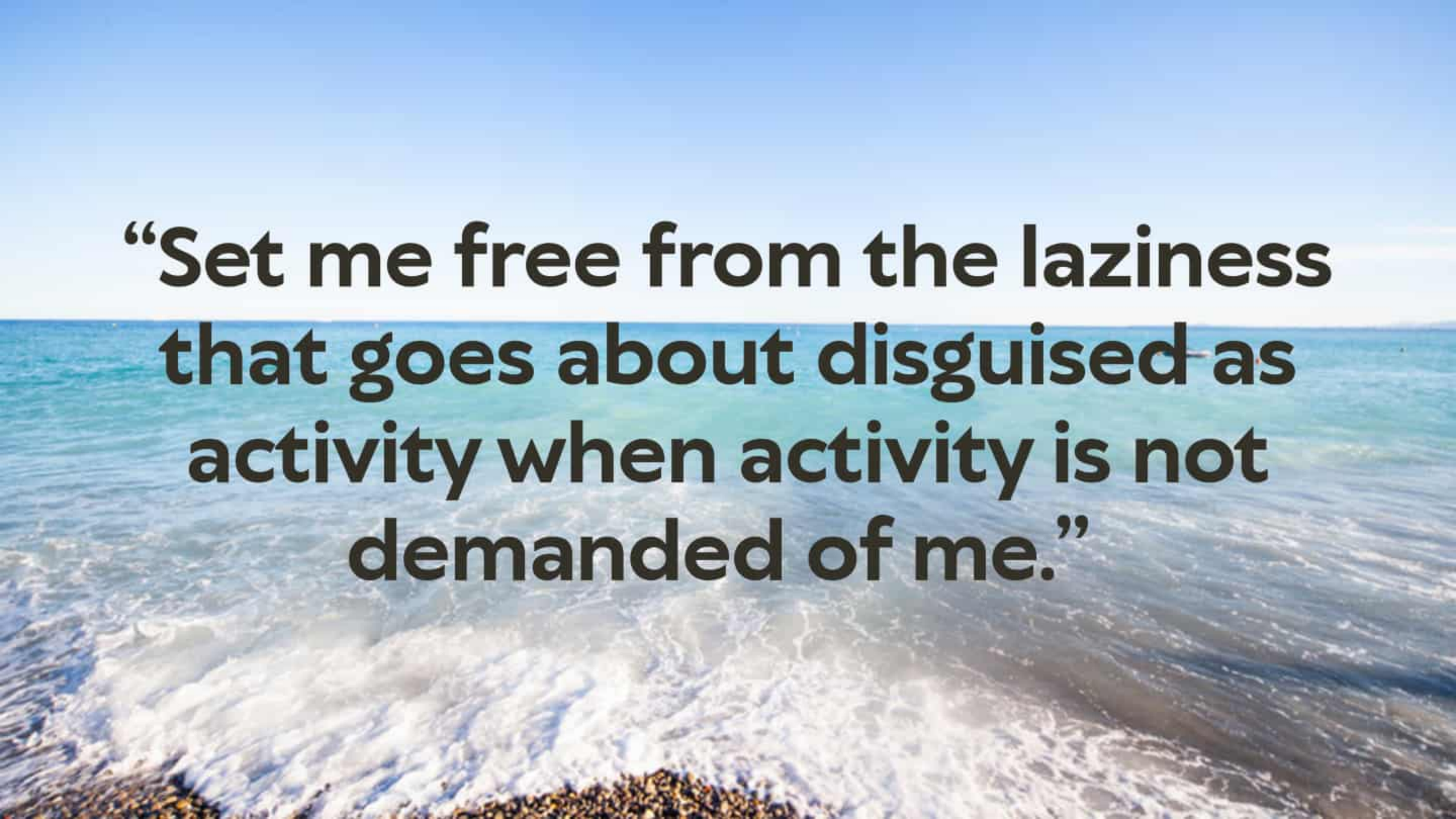

LIFE IN THE WORD SERIES:
LESSON SIX:
MANAGING YOUR BUSY SEASON
(PART 1)

Life in the Word Series: The Adventures of God

Lesson Six:
Managing Your Busy Season (Part 1)


Ecclesiastes 3:1, To everything there is a season, A time for every purpose under heaven.

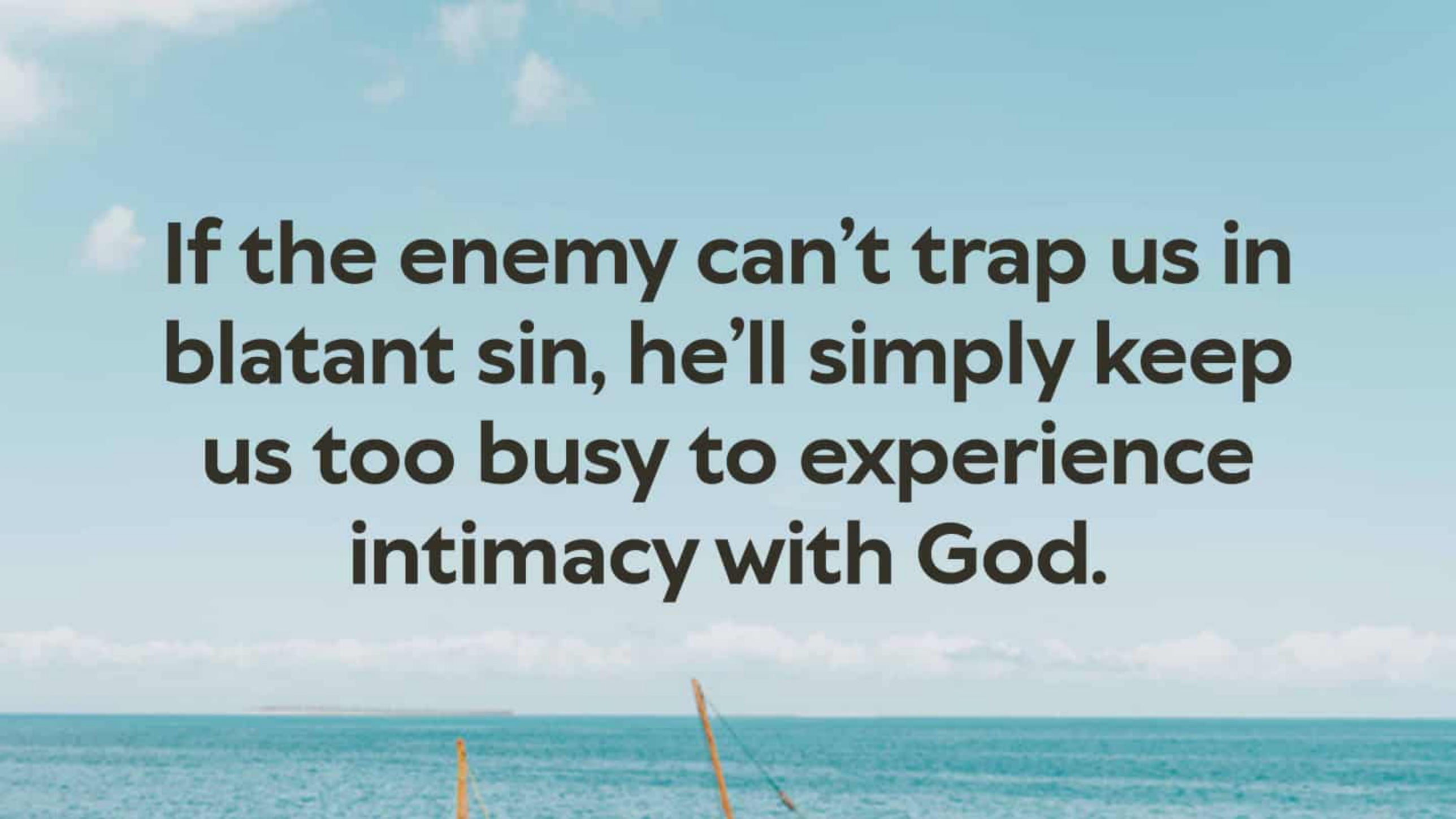
“Busyness is the enemy of spirituality."


“Set me free from the laziness
that goes about disguised as
activity when activity is not
demanded of me.”

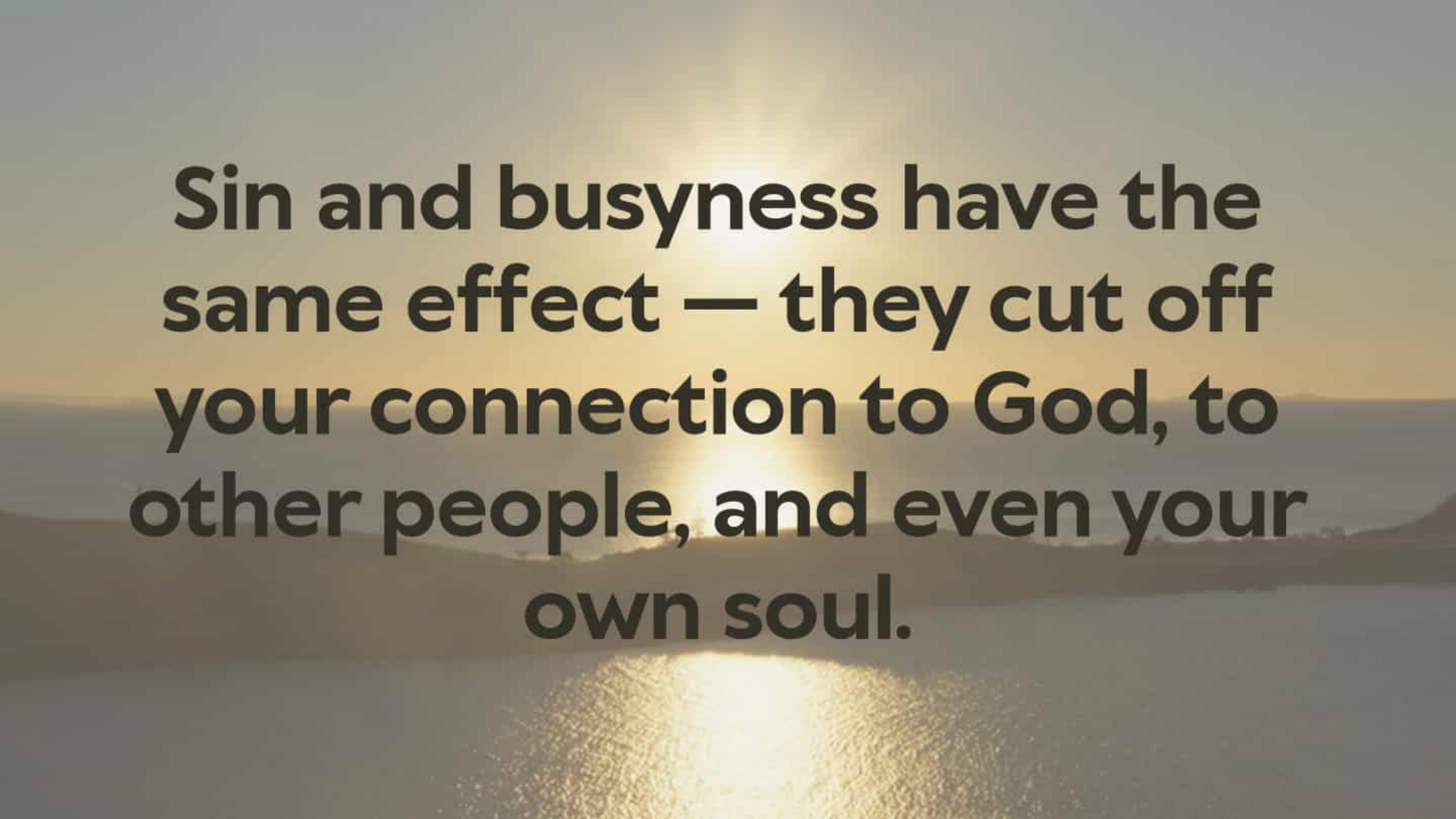
Scripture Reference
Luke 10:38-40

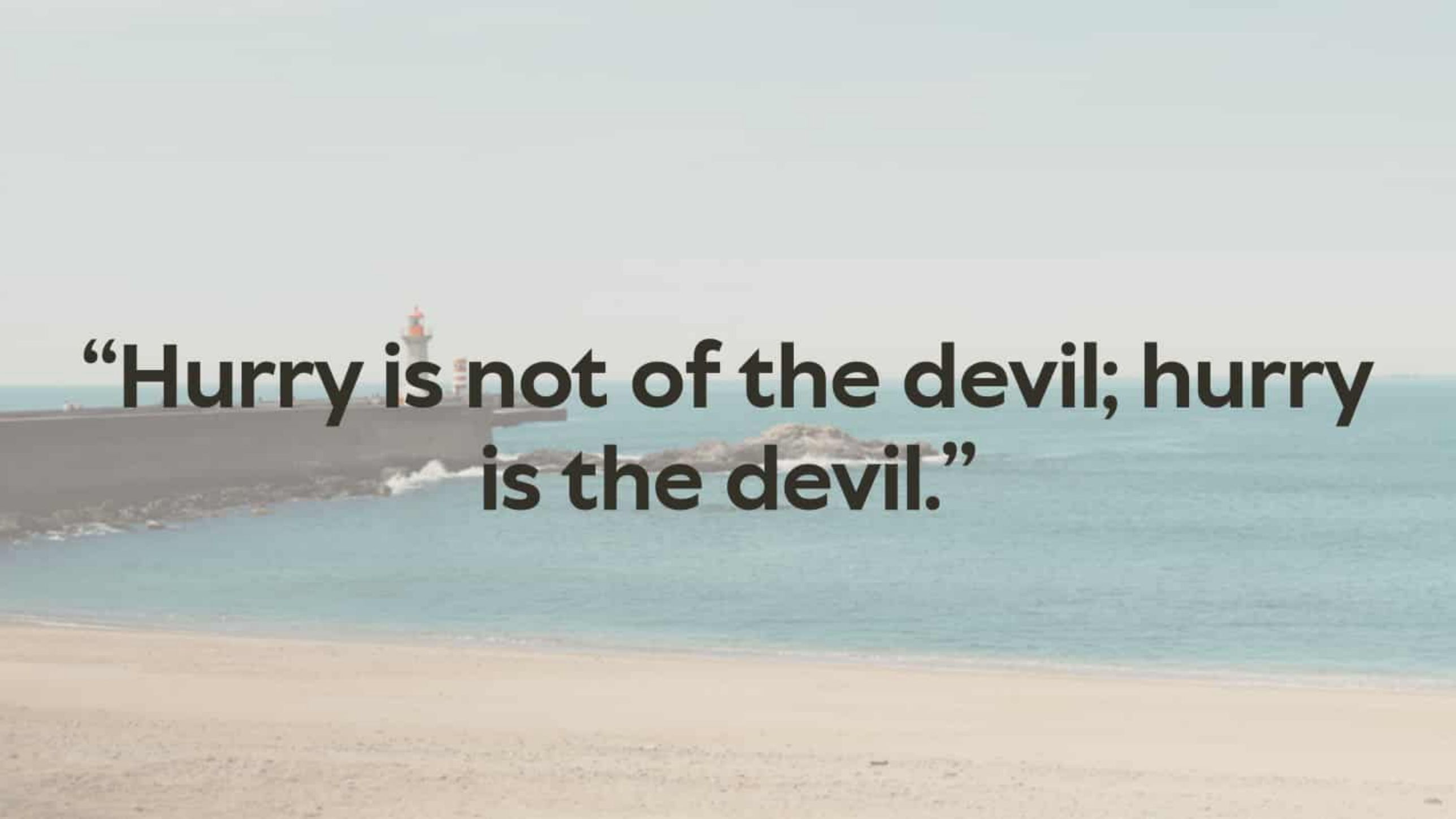
Luke 10:38-40, As Jesus and the disciples continued on their way to Jerusalem, they came to a certain village where a woman named Martha welcomed Him into her home. Her sister, Mary, sat at the Lord's feet, listening to what He taught. But Martha was distracted by the big dinner she was preparing."


BUSY is:
Being
Under
Satan's
Yoke


If the enemy can't trap us in blatant sin, he'll simply keep us too busy to experience intimacy with God.

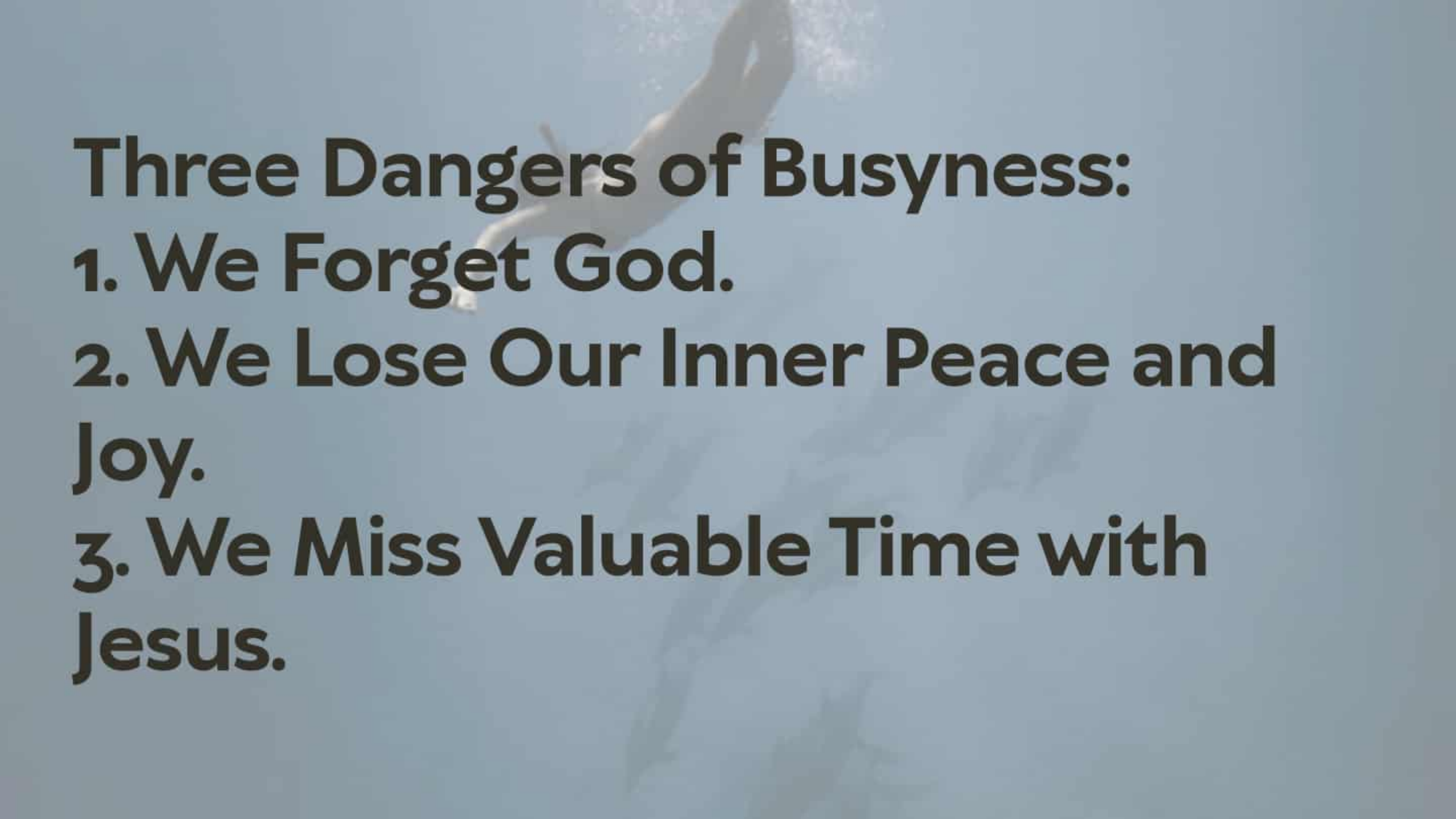

“Hurry is violence on the soul.”


Sin and busyness have the same effect — they cut off your connection to God, to other people, and even your own soul.


“Hurry is not of the devil; hurry
is the devil.”

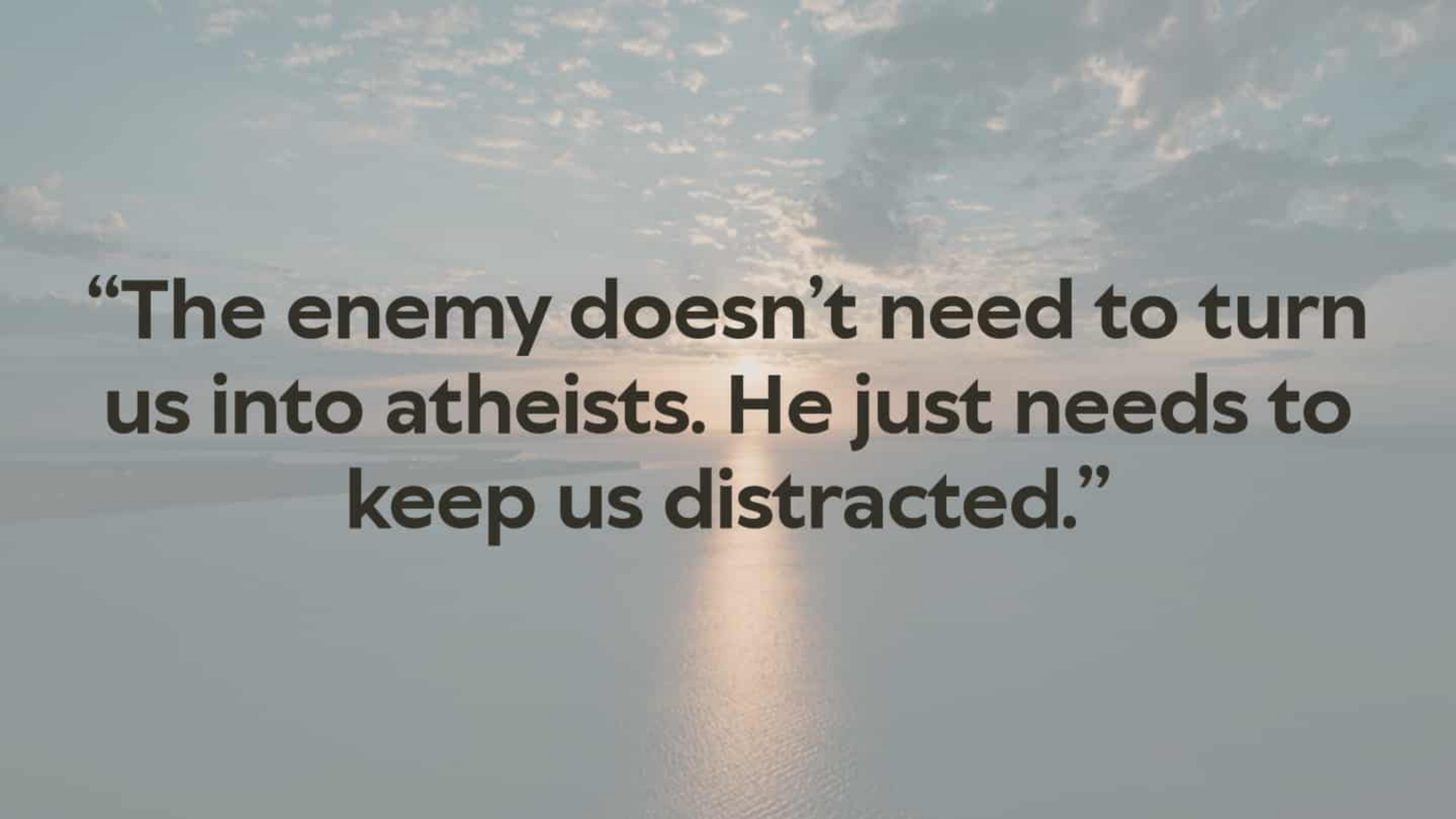
Scripture Reference
Luke 10:41-42

Luke 10:41-42, “Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.”



Three Dangers of Busyness:

1. We Forget God.
2. We Lose Our Inner Peace and Joy.
3. We Miss Valuable Time with Jesus.


“The enemy doesn’t need to turn us into atheists. He just needs to keep us distracted.”

Five Signs You're Under Satan's Yoke of Busyness:

1. You are constantly exhausted but never fulfilled.
2. You have no time for silence, prayer, or reflection.
3. Your relationships suffer.
4. You find yourself numb, distracted, or irritable.
5. You measure your worth by productivity.

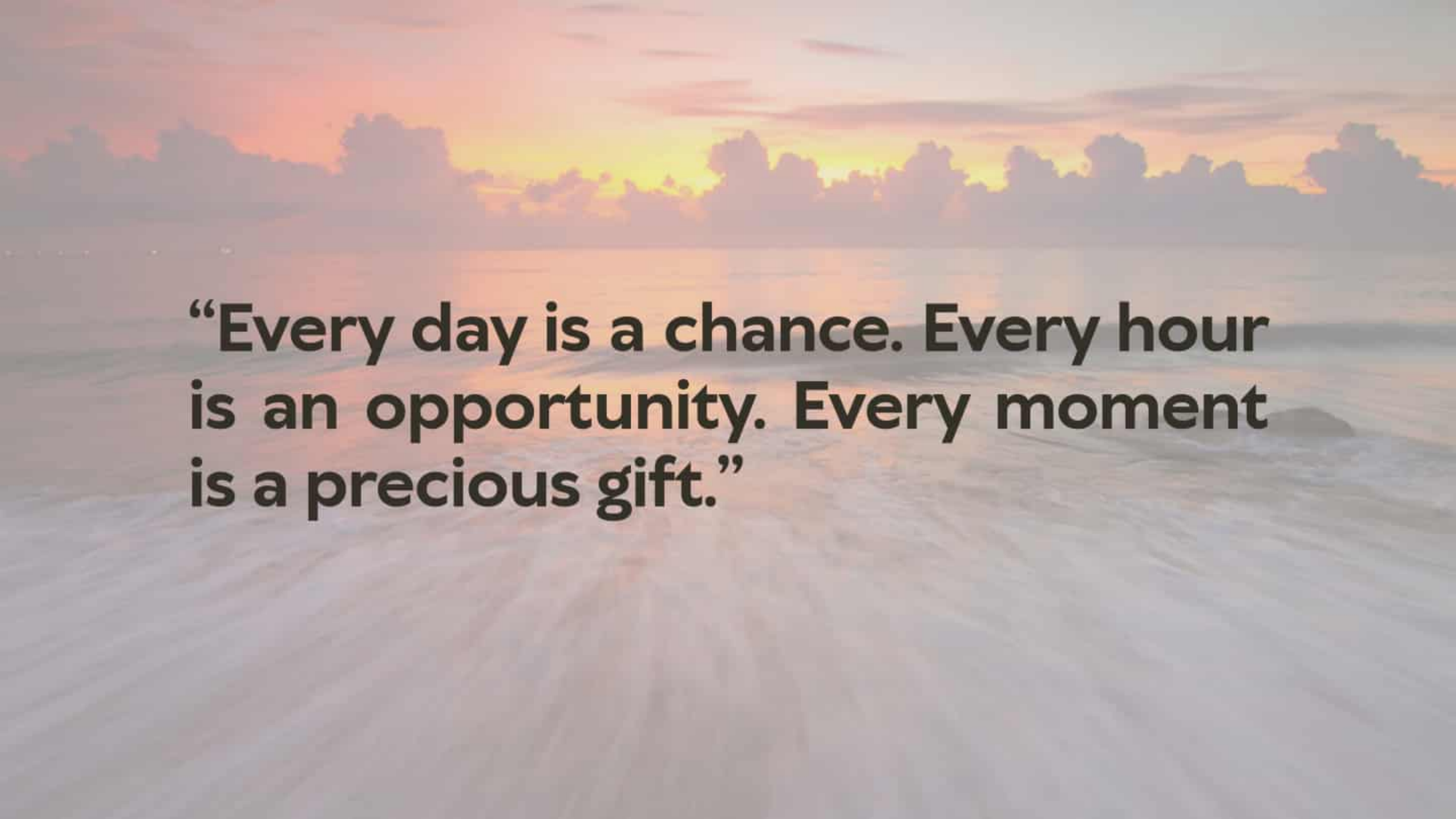


Seven Symptoms of Hurriedness:

1. Irritability
2. Hypersensitivity
3. Restlessness
4. Lack of Care for Your Body
5. Escapist Behaviors
6. Slippage of Spiritual Disciplines
7. Isolation

“Minds are like parachutes. They only work when they are open.”


What you give your attention to is
the person you become.


“Every day is a chance. Every hour
is an opportunity. Every moment
is a precious gift.”

Follow Up Chat Questions:

1. “Busyness is the .” How so?
2. How would you define busyness?
3. “Hurry is violence on the soul.” How so?
4. What are the three dangers of busyness mentioned in today’s lesson?
5. List the five signs that indicate that you’re under Satan’s yoke of busyness.
6. What are the seven symptoms of hurriedness?
7. How we spend our time is how we spend our lives. Explain.