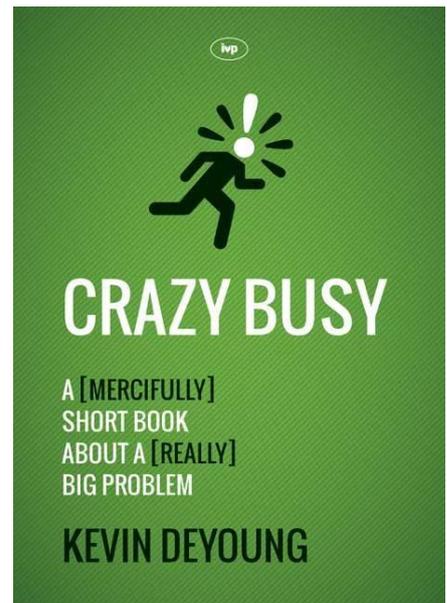


[Kevin DeYoung, *Crazy Busy*, IVP.](#)

Read 1 Timothy 1:15-18

DeYoung gives 7 possible diagnoses of the issues behind chronic busyness:

1. **Pride** – For many people it has become a source of pride to have a crammed diary, to have the phone constantly ringing, to be able to say, “I’m really really busy at the moment”. Conversely, not to be busy is not be significant. I fear what people will think if they find me resting. I even fear what I will think of myself if I’m resting. Trying to prove myself.¹ Maybe it’s our boss we’re trying to prove ourselves to, maybe our colleagues or employees, maybe our parents, maybe God, maybe ourselves. We instinctively link our status and significance to achievement and performance. So taking every request, sitting on every committee, people pleasing, not saying no, trying to impress with a lifestyle you can’t afford. Cf. 1 Tim. 1:15 – have we fully accepted this yet? That I am the chief of sinner and that Jesus came precisely for sinners. Now I live for the display of Jesus’ patience, and all the glory is to go to the Lord (v16-17).
2. **Position** – “Trying to do What God Doesn’t Expect of You” – Another reason for overwork and under-rest, perhaps a common one in our context among lovely godly servant hearted believers, is the desire to address everyone else’s problems, to meet every need in the extended family, to stand in the gap for every needy causes, and to hear the church adding to this the urgent call to transform our communities, change the world, save the planet. In many ways it’s a really good desire. And yet... it can tip over into an attempt to be Christ to people, a Messiah complex, a need to be needed, an attempt to be everyone’s saviour. It’s a very liberating truth to know that Jesus is the saviour of the world (1 Tim. 1:15) not us. He is the one who says come to ME and I will give you rest. We are to bear one another’s burdens (Gal. 6:2) but we cannot bear everyone’s burdens and we certainly can’t bear their most significant burdens of curse and death. We are not going to save the world. Often the most loving thing we can do is to say, like John the Baptist, “I am *not* the Christ; I can’t sort out all your issues; but if you go to Him you will find real rest in Him”.
3. **No priorities** – “Setting Priorities in Order to Serve Others” – start day with eternity (1 Tim. 1:16-19) and it will put your to-do list in perspective – The [Target Diagram](#) (Christ, wife, children, work) is useful here.
4. **Parenting** – “You need To Stop Freaking Out About your Kids” – The big issue is eternal life and God is in control of that (1 Tim. 1:16b). Stop idolising education, enjoy every minute with your kids.
5. **Plugged in** – “You are letting The Screens Strangle your soul” - addiction, narcissism (cf. 1 Tim. 1:15), distraction, no thoughtful reflection – cf. realising that we are loved in Christ, we can unplug, we don’t need to bring our phone to the table; let the phone ring or the whatsapp ping



¹ Research indicates (source: [Interhealth](#)) that the number one reason why millions of us don’t rest enough, don’t take holiday we are entitled to, don’t leave work on time, is that we are, on some level, seeking to justify ourselves.

6. **Physical** – “That We Need to Rest Before We Breakdown” – Hymenaeus, one of the false teachers at Ephesus (1 Tim. 1:20) was saying that the resurrection had already happened (2 Tim. 2:17-18). But it hasn’t so we need to physically rest now. Because we are still in weak, perishable bodies, daily facing sin and frustration within and without, we do still need to make time to stop and rest or we will burn out and fail to go the distance in the marathon of gospel ministry. There is a super-spiritual Hymenaeian attitude which says that as a born again Spirit-filled believer I can work every hour and go without sleep and go without food and it won’t affect me at all because the Lord will sustain me. But that is over-realised eschatology. In the New Eden there will be restful, joyful work but for now it is still hard toil. In the New Creation there will be endless day but for now there is still day and night and sleep as a reminder of our mortality. One day we will have glorious resurrection bodies but for now we need to accept our weak, groaning creaturely-ness and sleep 8 hours and take at least a day off a week and eat healthily and not flog our bodies into an unnecessarily early grave. DeYoung suggests we recognise natural rhythms (daily, weekly, seasons, holidays).
7. **Perspectival** – “You suffer because you don’t expect to” – “As We Suffer, We Shouldn’t Be Surprised” – Yes we must rest and avoid all the wrong attitudes mentioned above but a life of ease and comfort and perfect balance is not going to happen in this life. We are in a war (1 Tim. 1:18). We are to share in suffering as a good soldier, by the power of God (2 Tim. 1:8; 2:3) – there will be very intense struggle in the battle, we will go without sleep sometimes, there will be more than we can bear sometimes – we will need to trust for grace and strength in each of those hard days and not add to the anxiety the delusion that it shouldn’t be this hard

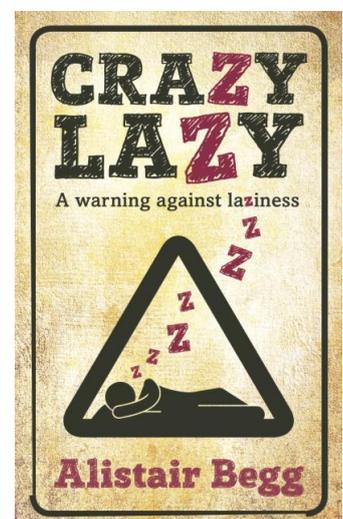
THE FORGOTTEN QUALIFICATION FOR PASTORAL MINISTRY. (1 Timothy 3.1-7)

1. What surprises you in this list of qualifications? Which might we easily forget when choosing pastors?
2. What is expected of the overseer and his family as a necessary qualification for pastoral ministry?
3. Why is that important? How does Paul’s teaching back in Ephesians 5.32 add clarity?

[Alistair Begg, Crazy Lazy, 10ofthose.](#)

Read Proverbs 26:13-16 and notice 4 marks of the sluggard:

1. **Happy with his own excuses** – v13 – the sluggard invests a lot of creativity and energy into coming up with reasons not to do things but doesn’t invest the same creativity and energy into coming up with solutions. “I’m too busy” can be a very common excuse. The sluggard may be running around doing many things but not the right things and the busyness becomes an excuse not to do those right things.



2. **Hinged to the bed** – v14 – plenty of movement but no progress. So again we see the sluggard may be very busy. But he procrastinates on all the important things – in his work life, family life, and spiritual life. Always kesho.
3. **Hopeless at completing** – v15 – maybe because over committed; maybe because of distractions; maybe lack of desire/hunger – like the zombie with a numb soul, going through the motions,² lacking all wonder and enjoyment of life (a glass of water, bird song), lacking any desire and hunger for real food – the Bread of Life.
4. **Haughty in his opinion** – v16 – actually convinced that he is not a sluggard - unteachable.

We need Jesus. Without him we can't even recognise our problems or even *want* to change. We are helpless. We need him to come to us in our crazy busyness and *make* us lie down in green pastures. We need him to come to us, hinged to our bed of crazy laziness and take us by the hand and say, "Arise." Lord God, we pray that you would work in us, to will and to act for your good pleasure.

² On the zombie see the chapter on Sloth in [Marshall Segal \(ed\), Killjoys, DesiringGod](#).