



## When You're Too Busy for What Matters

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### 1. The greatest enemy to the life you want may be the life that you're living

- Jesus was busy but never rushed
- If we follow an unrushed Jesus, we should be living an unrushed life

<sup>28</sup> Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. <sup>29</sup> Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy to bear, and the burden I give you is light."

**Matthew 11:28-30 NLT**

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

**Matthew 11:28-30 MSG**

- ### 2. The solution is not more time, the solution is more of what matters most
- Be present in the moment
  - Choose what's important, eliminate what's not
  - Saying no to some things to say yes to some better things

Prayer: God, help me walk slowly enough to experience Jesus fully and love people deeply

### Next Steps:

- Commit to follow Jesus' Way in life
- Pray "The Prayer" every day for a week
- Read Matthew 11:28-30 this week
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