

# 2 STRESSORS

START HERE →

warm UP

## Busy

"This is insanity!" How often do we say that to ourselves when we think of how busy we are? There's school seven or eight hours a day—a huge time commitment that's equal to a full-time job. After school, there may be a part-time job at Joe's Burgers that gets you home after nine maybe two or three times a week. Or there may be cross-country practice or play practice or taking care of a younger brother or sister at home or debate team or the school newspaper or any of dozens of other activities. And don't forget studying for tomorrow's test and writing that paper for English. Oh, and there's a youth meeting at church tonight to discuss the next service project, and tomorrow morning before school is your once-a-week Bible study group . . . and so it goes. Life can be a real rat race.

In spite of our complaints, being busy can be good for us. Even God gives us lots to do: "Be fruitful and multiply . . . subdue the earth . . . make disciples of all nations . . . obey your parents . . . go to the ant, you sluggard . . . love one another . . . work out your salvation . . . six days do your work . . ." Whew! On top of that, God has some really negative things to say about idleness.

But how much is too much? Jesus himself was often terribly busy, working day and night to the point of exhaustion. He was followed everywhere by crowds looking for miracles. Sometimes he and the disciples didn't even have time to eat (sound familiar?). Yet even Jesus found time to pray alone and to lead his disciples away to rest.

Jesus' example is a good one to follow. Stay busy! Work hard! But take breaks. God calls us to take some time off (remember that the Creator of heaven and earth rested on the seventh day). And before you take on a new responsibility, ask yourself some questions: Is it necessary and helpful for me to do this? Will it get in the way of my most important relationships (with God, family, and others)? Work and other activities—even if for the best of causes—are harmful and unproductive in the long run if they keep you from these relationships and if they lead to personal exhaustion.

1. If you are driving your car at the speed of light and you turn the lights on, what will happen?
2. If you have time on your hands, do you
  - \_\_\_ walk your gerbil?
  - \_\_\_ help your mom bake?
  - \_\_\_ read something just for fun (not for school assignment)?
  - \_\_\_ watch a little TV?
  - \_\_\_ help your little brother make a model airplane?
  - \_\_\_ make nuclear bomb with your Acme chemistry kit?
  - \_\_\_ hold up a fork in front of you and imagine everyone you see is in prison?
  - \_\_\_ call Aunt Gladys and thank her for sending a birthday card with money in it?
  - \_\_\_ fill the Froot Loops cereal box with Corn Flakes?
  - \_\_\_ go running with your Walkman?
  - \_\_\_ other:
3. How do you picture Jesus spending his time? How busy was he?