



## Sermon Notes: Serving or Savoring

### 1. The source of busyness.

### 2. The sequence to busyness.

a. Distraction.

b. Anxiety.

c. Self-pity.

d. Resentment.

### 3. The sacrifice of busyness.

a. Busyness disintegrates your relationship with yourself.

b. Busyness disintegrates your relationship with work.

c. Busyness disintegrates your relationships with others.

d. Busyness disintegrates your relationship with God.

### 4. The solution to busyness.

a. Shift your focus from productivity to presence.

b. Replace the narrative of "I must do" with "he has done."

c. Rehearse the good news that Christ is all you need.

**Theme:** Serenity is the result of orienting your life around, and being deeply satisfied by, the presence and Word of God.



## Application Questions: Serving or Savoring

1. Where, and in what ways, do you observe our culture being obsessed with busyness? Describe both general trends and specific examples to illustrate.
2. What are the major contributors to your personal busyness? What do you feel like you “must do” in order to be a good employee, friend, spouse, parent, host, etc.?
3. Be honest: Why do you think you must do all these things? What is the source of your sense of obligation? [Hint: If you stopped doing some of these things with no explanation, how would that make you feel? Why?]
4. When you get over-busy, what effects do you begin to feel in your attitudes and emotions? How does this affect your thoughts? How does it affect your physical health?
5. How have you seen this sequence [lost focus → distraction → anxiety → self-pity → resentment] play out in your life? Who did you end up resenting?
6. How have you seen busyness erode each of the following:
  - Your relationship with yourself?
  - Your relationship with work?
  - Your relationship with others?
  - Your relationship with God?
7. What would it look like for you to center your affections and thoughts on Jesus this week? What would it look like for you to hunger and thirst for his Good News in your life?
8. Over this past week, what have you treated as your “portion” – that which you need to consume in order to satisfy you? How has that left you feeling?
9. If you could enjoy the presence of Christ and be deeply satisfied by his Word for one week, what effects do you think that would have on how you view your identity/self-worth? What effects do you think that would have on your productivity and service to others?
10. What will you do with this immediately?