

# Busyness is not the Problem (Bonnie McKernan—excerpt)

## Christ Our Rest

We don't need answers to all of our questions and problems (of various kinds in daily life); we need the only answer. Seek him first and allow the Holy Spirit to lead and problem-solve and prioritize. He's way better at it.

Yes, we probably are too busy. Yes, we probably have too much stuff. Yes, we probably need more sleep. But fixing these things should be the fruit of seeking first the face of God, trusting in the blood of Christ, and yielding to the power of the Spirit — not the focus.

This is not meant to sound pessimistic. I realize that when I say we will continually fail and face hardships, it can come across as bleak. But I'm telling you, battling the storms while understanding our utter hopelessness and resting in the power of Christ is infinitely more peaceful and invigorating and impactful than a thousand chaos-free days. He is our rest. He is our peace within the chaos. He is the means and the end. Don't spend so much of your energy running from the mess that you're too weary to run to him.

## A Different To-Do List

But how do we do this? Knowing something means nothing if we aren't letting it change us. We have to start right now. Ask him for help. It will look a bit different for everyone, but try putting aside your own list of things to accomplish today for just a few minutes, and make a spiritual to-do list. Here's my own:

Before I even open my eyes in the morning, seek God's face and bask in his presence. Awake, my soul. Turn my eyes, Lord, from things that are unworthy.

- Before I climb out of bed and let my feet hit the floor, confess my sins and my weaknesses and mentally lean on him. Carry me, Lord, so I can accomplish your goals.
- As I get dressed, beg God to cover my unworthiness with Christ's righteousness. Lord, clothe me with your armour, because I need your power and protection for the dark parts of this day.
- Before I gaze into a mirror or look at a screen or to a single thing of this world, pray that he will show me his glory and goodness today. That I will see it. And that I will reflect it.
- As I sip my morning coffee or fill my belly, ask him to fill me with his Spirit and the joy of my salvation. That I would taste and see that he is good. That I would hunger and thirst for him.
- As the world and the day get louder and louder, remember to stop and listen for the Spirit over the noise. Learn to recognize him. (He is the one bringing to mind the word of God and prompting your faith in and obedience to Jesus)
- When I find myself growing weary, run to my God any way I possibly can. Not to the world or to myself, but to him. Whether I read his words, worship him, pour out my heart to him, or ask his Spirit to pray on my behalf because I just can't. And then repeat over and over again, until my mind effortlessly wanders to him.
- Don't let a single hour go by without asking God to sustain me. Not tomorrow, not next week, but right now. Set an alarm if I have to until it starts to come more naturally. Like breathing.
- As I climb into my bed, look back and identify God's providence woven throughout my day in both the good and the bad. Help me fall asleep praising him for his goodness to me.

(From <https://www.desiringgod.org/articles/busyness-is-not-the-problem>)



15 July 2018 | Service Times: 9am & 11:30am

## Welcome, we're glad you're here!

We are a church family committed to following Jesus Christ as Lord. We do this by getting to know him through his living Word, the Bible, which is why the sermon is the key part of our Sunday services. Find out more about us at [www.slechurch.org.au](http://www.slechurch.org.au).

## This Week: What Would Jesus Say to The Busy?

Jesus knows what it is to be busy and tired, but his busyness was intentional, purposeful, and prioritized God's mission.

### Next Week:

Isaiah #1 : Overview



## Today's Service

### Welcome and Singing

Be Thou My Vision  
10,000 Reasons (Bless The Lord)  
Still, My Soul Be Still

### Holy Communion

### Offering

### Community News

### Bible Reading

Mark 1:35-39, Luke 10:38-42, Matthew 11:28-30

### Sermon

By Pastor Steven Tran

### Song of Response

Before You I Kneel  
(A Worker's Prayer)

## Stay Connected

-  [facebook.com/slechurch](https://facebook.com/slechurch)
-  [slechurch.org.au](http://slechurch.org.au)
-  +61 7 3371 7589
-  [info@slechurch.org.au](mailto:info@slechurch.org.au)
-  83 Ryans Road, St Lucia 4067

Check out [slechurch.org.au/groups](http://slechurch.org.au/groups) to find a group that you can join.

# Say hello

Join us for morning tea at 10:30am.  
We'd love to have a chat and get to know you better.

## Our Pastors

**PASTOR BEN HO**

**Mobile:** +61 433 581 335

**Email:** ben.ho@slechchurch.org.au

**PASTOR STEVEN TRAN**

**Mobile:** +61 411 621 159

**Email:** steven.tran@slechchurch.org.au

## Financial Update

Last Week	\$8,575.65
Weekly Required	\$5,520
Shortfall 2018	\$0.00

**Giving by Electronic Funds Transfer**

<b>A/C Name:</b>	SLE Church
<b>Bank:</b>	National Australia Bank
<b>BSB:</b>	084-424
<b>A/C No:</b>	396558544

SLE Church is a branch church of Chinese Christian Church Brisbane

## Prayer Points

**THANK GOD FOR HIS GRACE TO ALL** who are sinful. Thank Jesus Christ that he came not to condemn, but to save those who would believe. Pray that we in the church would continue to recognize our sin, rebellion and brokenness, and in doing so put our trust and find joy in living our creator and savior. Pray that our world would likewise come to acknowledge, repent, believe and live for Jesus.

**PRAY FOR THE PASTORS AS THEY PREPARE** for the new series on the grand book of Isaiah: it is a challenging book to read, understand and preach. Pray also for all of us at SLE Church as we approach this new series: it will greatly challenge our minds, hearts and lives. May this great book have a great impact on us individually and as a church.

**THANK GOD FOR THE TRULY AMAZING RESCUE** of the Thai boys and coach trapped in a cave. Pray that we and the world would be able to see that many many more are trapped in the far worsen condition of sin, death and God's judgement. Pray that believers around the world would put in great effort at seeking their rescue.

**PLEASE PRAY FOR UNCLE PHILIP AND HIS FAMILY** as they mourn the passing of Uncle Philip's dad, Dr Michael Oh. Thank God for the life of Dr Oh, for his faith, for his service to the church and his family.

## Community News

**GROW WOMEN'S CONFERENCE**  
When we see so much wrong in our world and in us, and all seems out of control, how do we keep going? Who and what do we hang on to? Is our only choice to just keep calm and carry on... hoping all will be OK?  
  
Come to GROW 2018 and meet Jesus through the book of Habakkuk. Bewildered by so much that is wrong everywhere, Habakkuk cries to God in protest. God's answer is unexpected, glorious, and personal. Habakkuk listened. Are we listening too?

Grow is an annual women's conference by QCCA. It will be held on **4 August, Saturday 9—3:30pm** at St Peter's Lutheran College Performing Arts Centre (Indooroopilly). Jenny Baddeley and Keiyeng Nation will be speaking on the book of Habakkuk. Register online at <http://qcca.org.au/grow/> under "SLE Church" for a group price of \$52 (including morning tea and lunch).

The last day to be eligible for group discount (\$52) will be tomorrow 16 July. Sign up today. If you need help, contact Eilen at [juliet.es@gmail.com](mailto:juliet.es@gmail.com)

## Serving

	Today	Next Week
Chair	Mervin <i>Marcus</i>	Gabriel
Preach	Ps Steven	Ps Ben
Bible Read	Chi <i>Alice</i>	Steph <i>Marilyn</i>
M.Tea	Winnie T. Marilyn	Georgie Ethel
Wash Up	SaLT	SaLT
Welcome	Esther Richard Georgie <i>Marcus</i> <i>James</i> <i>Joy</i> <i>Leya</i>	Esther Richard Georgie <i>Marcus</i> <i>James</i> <i>Joy</i> <i>Leya</i>
Stewards	Sunny Graham <i>Josh</i> <i>Josiah</i> <i>Nethanel</i>	Sunny Graham <i>Josh</i> <i>Josiah</i> <i>Nethanel</i>
Piano	Dan Lowe	Liesl
Guitar	Dom	
Bass	Ethan	Chuan Yuan
Drums	Marcus	
Vocal	Alisha	Joachim
PA	Reuten <i>Daniel</i>	William <i>Jowin</i>

# What Would Jesus Say To... The Busy?

Intro:

1. We're all busy! But why?

What would Jesus say to the busy?

1. I empathise...

2. Are you frantic and anxious, or purposeful? (Mark 1:35-39)

3. Are you distracted from the necessary and the good? (Luke 10:38-42)

4. Come to me... and I will give you rest (Matthew 11:28-30)

What this means for us busy folk:

i. Setting priorities

ii. Rest