

BE A BRINGER

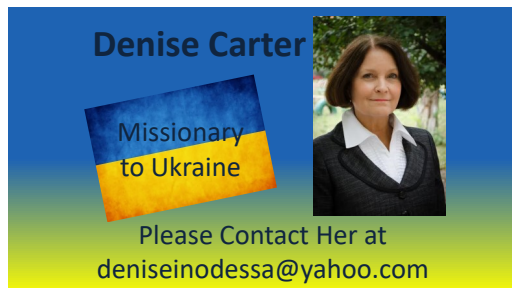
“40 One of the two who heard John speak, and followed Him, was Andrew, Simon Peter’s brother. 41 He first found his own brother Simon, and said to him, “We have found the Messiah” (which is translated, the Christ). 42 And he brought him to Jesus....” John 1:40-42a

A bringer makes one touch each week by investing and inviting someone to Christ and church.

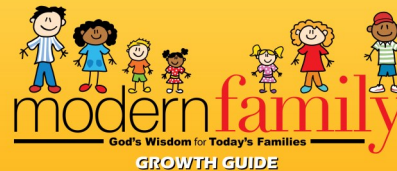
Name three people you will pray for their salvation this week:

PRAYER REQUESTS FOR THE WEEK

“Moreover, as for me, far be it from me that I should sin against the LORD in ceasing to pray for you;....” I Samuel 12:23a



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Handout: 10/07/18

Study: 10/14/18

Modern Family Busyness

No matter how much time stealing, time stretching and time bending we attempt, we always find ourselves up against a certain mathematical law: 32 hours’ worth of tasks can’t be crammed into a 24-hour day.

We are busy; nobody’s disputing that fact. The question is "What are you busy doing?"

Busy people rarely give their best to the ones they love. They serve leftovers – the emotions and energy that remain after one’s primary attention has already been given to others. Too drained, too tired or too preoccupied, they fail to give their loved ones the attention they deserve. And a family cannot survive on leftovers forever.

Here’s a little trick we learned from our friend John Maxwell. He’s one of the most productive men we know, but he makes an effort to give his best time to his wife, Margaret.

"Years ago," he told us, "when something exciting happened during the day, I’d share it with colleagues and friends. By the time I got home, I had little enthusiasm for sharing it with Margaret. [So] I purposely began keeping things to myself until I could share them with her first. That way, she never got the leftovers."

Of course, this principle applies to more than just sharing the news from the day. We give our best to our spouses when we give them attention and energy for the things they’d like to talk about as well.

One of the most difficult things some people ever have to do is say no. Yet, this little word is one of the strongest weapons against busyness. We’ve seen people physically collapse from fatigue, drown in depression and develop debilitating illnesses because they never said no.

If you suffer from the disease to please, treat it seriously and assert yourself. Begin by making a list of things on your plate that you’d like to say no to. Ask God for discernment about what people and activities He has called you to. Then, discuss them with your spouse or a mentor. Chances are, he or she can coach you on wielding the mighty power of no.

Now that you’ve read about the impact busyness can have on your marriage, don’t be tempted to think that putting these principles into practice will come easily. You’ve got to get about the business of eliminating busyness from your relationship.

Edited from: "The Danger of Busyness" by Les Parrott

KEY VERSE

Daniel 12:4

"But you, Daniel, shut up the words, and seal the book until the time of the end; many shall run to and fro, and knowledge shall increase." NKJV

WEEKLY READINGS

Monday: Daniel 12:4; Proverbs 19:21

Introduction to Busyness

1. How busy would you say your family is? Do you ever feel like you are running "to and fro" like our key verse?
2. What are some events/appointments that are good for your family to say "yes" to?
3. What are some things that your family should consider saying "no" to? How do you make that decision?

Tuesday: Ephesians 2:1-10; I Peter 2:9; Ephesians 5:17

Know Your Purpose

4. What is your purpose?
5. How can understanding your purpose help you to discern how to spend your time?

Wednesday: Genesis 2:2-3; Psalm 46:10; 127:1-2

Schedule Time For Rest

6. How much rest would you say you get from your busy schedule? Why is it important to take time to rest?
7. Why is it difficult to be still? What are some ways you can practice being still before the Lord?

Thursday: Psalm 95-1-6; Hebrews 10:25

Schedule Time For Worship

8. Do you make time in your schedule to worship God individually? If so, how do you spend that time?
9. Why is it important to worship God with other people on a regular basis?

Friday: Ecclesiastes 9:9; Deuteronomy 6:5-7

Schedule Time For Family

10. Why is it important to schedule time with your family?
11. What are some things that you can do to make family time a priority?