

# LWML Texas District

November 2022

Bible Study

## Too Busy

What keeps you busy? What types of obligations fill your calendar? What about your time at home?

Do you enjoy everything on your calendar? I would venture to guess there are at least a few activities you would happily outsource if the price was right. 1 Corinthians 10:31 talks about eating and drinking. What should we bear in mind with everything we do according to this verse?

---

During the Covid shutdown many of our daily activities were greatly impacted. Some items on the calendar were all together canceled, others modified, and some rescheduled for a date we have yet to see. It was a challenging time for many, especially those of us who had over scheduled calendars, and were used to “go, go, going.” Now that the world has gotten back up to speed so to speak, have you picked up all the activities you were kept from doing?

There are times when we over schedule ourselves. We over commit. We commit to things that are glorifying to God but keep us too busy to ever get any rest. Let’s look at a biblical example of what God desires for our lives. Read Luke 10:38–42.

Sister Martha — many of us know her plight quite well. She was busy getting things ready to be hospitable for the Savior of the world! How dare her sister sit down and quit helping! Was Martha doing anything wrong? After all, Jesus, Savior, long-awaited Messiah, great Healer, best Teacher, and dear Friend was in her home. We know throughout the Bible that hospitality was a major emphasis and theme. Hebrews 13:2 speaks of hospitality. What does it say? Have you ever entertained strangers?

---

---

Back to sister Martha. In verse 40, a word is used to describe how Martha was acting in her serving. What is that word?

---

Is it possible to be distracted with too much serving? What do you miss when you spend too much time in the kitchen when guests are over?

---

While we cannot hear Martha’s or Jesus’ tones in the passage from Luke 10, we can infer how we would feel in her shoes. *Lord, do you not CARE [emphasis added] that my sister left me to serve*

*ALONE* [emphasis added]? (Luke 10:40b). Distracted and most likely frustrated, she wants Jesus to make Mary help her! Do you have siblings, or more than one child? Who at some point in your life left you or their sibling to do all the work? It can be quite infuriating. I like to think Jesus' response to Martha is gentle and might be, "Martha, Martha, sweet child of God, don't worry. There are many things to be done but come and sit and learn." Obviously, that is simply my interpretation of verse 41 and 42. Have you ever had someone say your name twice in an endearing fashion? Maybe add in a head tilt of sympathy for good measure with a sweet smile?

It seems Jesus is acknowledging what's going on with Martha. *But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things, but one thing is \_\_\_\_\_"* (Luke 10:41–42a). What is the missing blank? *"Mary has chosen the good portion, which will not be taken away from her"* (Luke 14:42b). He is also pointing out the valuable thing Mary is doing in that moment. Somehow, He rebukes and loves at the same time. It would be a wonderful thing if we all had this skill! Imagine the number of disagreements we could crush in a second's time.

What about us? There is a phrase that says, "Make hay while there is daylight." We never know when an illness will strike, or weather impact our plans, or a power outage disrupt our lives. Yet, in this study that isn't quite the point. I am not speaking to the Thessalonians who think the end of the world is so close they should no longer work to eat (2 Thessalonians 3:10). We, Americans, are amazing at applauding workaholicism. Overpacked schedules are oddly envied. Parents compare what sports their toddlers are enrolled in, and which extracurricular activities should be on tap for the next season. Adults rush from one activity to another, making sure they grab an extra cup of coffee to keep up. Each day is packed from sunrise to sunset. Another meeting to attend, another errand to run, another function to plan — sound like anyone you know?

We can be about God's work and forget that is who we are attempting to serve. It becomes another obligation, another calendar filler, another THING to do. Many of us help with activities at our churches, some of which occur on Sunday mornings. Are you resting on the Sabbath? Mark 2:23–28 tells us about one experience Jesus and his disciples had on the Sabbath. Jesus is accused by some not-so-well-meaning Pharisees of breaking the Sabbath. Verse 27 is quite telling. What was the Sabbath made for?

---

Why does God give us the Sabbath for rest and worship? He doesn't need anything from us to be God — He is and always will be. Ecclesiastes 3:13 reminds us that we should take pleasure in our toil (aka work), because this is God's gift to us. What happens when we do not rest from the work God has given us?

Athletes know they must take a rest day to allow their muscles to completely recover from the training they are subjecting themselves to. Otherwise, they will have too much cortisol causing their muscles to overtrain, and they will not be as successful. In fact, without the rest time their bodies will do the complete opposite of what they are training to do. The muscles will fatigue faster and cramp more. What about us? Are we overtraining? Are we allowing for rest in the hands of our Savior, Lord, and King? Exodus 31:13 tells us why we need to keep the Sabbath. What does it say, and what stands out to you?

---

---

How does the Lord sanctify you when you keep the Sabbath? In other words, how does God make you holy when you keep His Sabbath? What types of things are done on the Sabbath?

---

---

What is the one thing Exodus 31:15 tells us we should do?

---

---

In Leviticus 23, God talks about offerings that are to be made on the Sabbath. In order to make offerings to the Lord the people had to visit the temple, a house of prayer and worship (Mark 11:17). Psalm 92 also says what is appropriate to do on the Sabbath, specifically verses 1–4.

In Matthew 12, Jesus is rebuked for healing a man with a withered hand on the Sabbath. He compares this to a man's sheep who has fallen into a pit. God can heal any day of the week as He sees fit. God cares for us daily regardless of Sabbath because He is all powerful. Even though He rested on the seventh day, He did not need to for physical reasons. He was setting the example for us.

Physical rest from work can enhance our spiritual rest that honors the Lord. Are you making enough room in your daily life to seek first the kingdom of God? Or are you filling your days to the point of utter exhaustion leaving no room, even on the Sabbath, to rest in His presence?

The devil often takes beautiful gifts of God and twists them to be unholy. Work can become so burdensome, as with busyness, that we find ourselves to be our own gods. We have to do this, we have to do that, we make things happen. This type of thinking can lead us down a very dark road, a road of self-idolatry and self-reliance. God has promised to care for us. Read Jeremiah 17:5–8. What happens to those who do not trust in the Lord, and what about those who do?

---

---

When we take the earthly credit for what we do that is good are we honoring the Creator? Rest enhances our ability to be humble, self-controlled, honorable, and servant hearted. It also enables us to keep a clear mind and focus on the good things. Frequently, when we go without true rest, we become burdened, short-tempered, and physically ill. God can grant us rest, the best perfect rest. In this rest, we know Christ has done it all — we don't have to earn our salvation. So, what do you think? Are there some things you might need to step away from so you can rest? It is not easy to say no. There are times when "no" honors God more than "yes."

---

---

God desires us to work as though we are working for Him. He doesn't want our leftovers; He wants

our best. *Many are the plans in the mind of a man, but it is the purpose of the Lord that will stand* (Proverbs 19:21). Seek God in everything, even in your daily commitments, and allow Him to lead your every step.

Scripture quotations are from the ESV® Bible (The Holy Bible, English Standard Version®), Copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved.

Too Busy  
*Written by* Kayla Winkler  
*Published by* Lutheran Women's Missionary League Texas District  
Christian Life Committee, 2022