

BUSYNESS, LAZINESS, AND REST

BUSYNESS IS ALL AROUND US

**²In vain you rise early and stay up late,
toiling for food to eat—**

Psalm 127:2a (NIV)

²⁶Therefore I do not run
like someone running aimlessly;
I do not fight like a boxer beating the air.

1 Corinthians 9:26 (NIV)

"Overcommitment and exhaustion are the most insidious and pervasive marriage killers you will ever encounter as a couple."

***— Dr. James Dobson
to a newlywed Sunday School class***

WE DON'T WANT TO APPEAR LAZY!

¹⁰For even when we were with you, we gave you this rule: “The one who is unwilling to work shall not eat.”

2 Thessalonians 3:10 (NIV)

⁹How long will you lie there, you sluggard? When will you get up from your sleep? ¹⁰A little sleep, a little slumber, a little folding of the hands to rest—¹¹and poverty will come on you like a thief and scarcity like an armed man.

Proverbs 6:9-11 (NIV)

25 The craving of a sluggard will be the death of him, because his hands refuse to work.

Proverbs 21:25 (NIV)

¹⁴As a door turns on its hinges, so a sluggard turns on his bed. ¹⁵A sluggard buries his hand in the dish; he is too lazy to bring it back to his mouth.

Proverbs 26:14-15 (NIV)

**BUSY IS NOT
THE OPPOSITE OF LAZY!**

ANTONYMS FOR LAZY

activated

careful

energetic

interested

active

caring

fresh

lively

attentive

concerned

hard-working

vivacious

diligent

industrious

—*Merriam-Webster Thesaurus*

“He [the Devil] always sends errors into the world in pairs – pairs of opposites. And he always encourages us to spend a lot of time thinking which is the worse. You see why, of course? He relies on your extra dislike of the one error to draw you gradually into the opposite one.”

—C.S. Lewis
Mere Christianity

Continuum of Activity



“He [the Devil] always sends errors into the world in pairs – pairs of opposites. And he always encourages us to spend a lot of time thinking which is the worse. You see why, of course? He relies on your extra dislike of the one error to draw you gradually into the opposite one. But do not let us be fooled. We have to keep our eyes on the goal and go straight between both errors.”

—C.S. Lewis
Mere Christianity
(emphasis added)

Continuum of Activity

**BIBLICAL VIEW
OF WORK AND REST!**



LAZINESS

BUSYNESS

more activity



GOD CREATED REST

²By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. ³Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

Genesis 2:2-3 (NIV)

⁸“Remember the Sabbath day by keeping it holy. ⁹Six days you shall labor and do all your work, ¹⁰but the seventh day is a sabbath to the Lord your God.

Exodus 20:8-10a (NIV)

21“Six days you shall labor, but on the seventh day you shall rest; even during the plowing season and harvest you must rest.”

Exodus 34:21 (NIV)

JESUS INVITES US TO REST

**28“Come to me, all you who are weary
and burdened, and I will give you rest.**

**29Take my yoke upon you and learn from me,
for I am gentle and humble in heart, and
you will find rest for your souls.”**

Matthew 11:28-29 (NIV)

JESUS SETS AN EXAMPLE OF WORK/REST RHYTHM

¹²“They went out and preached that people should repent. ¹³They drove out many demons and anointed many sick people with oil and healed them.

Mark 6:12-13 (NIV)

³⁰The apostles gathered around Jesus and reported to him all they had done and taught.

Mark 6:30 (NIV)

³¹Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.”

³²So they went away by themselves in a boat to a solitary place.

Mark 6:31-32 (NIV)

**GOD OFTEN SPEAKS TO US
DURING TIMES OF REST**

**¹⁰He says, “Be still,
and know that I am God.”**

Psalms 46:10a (NIV)

**¹⁰He says, “Cease striving
and know that I am God.”**

Psalm 46:10a (NASB)

