



October 10, 2021

“An Enemy Named Busy”

Luke 10:38–42

Pastor Gary Hamrick

Have you felt busy lately? We all have! Someone once said, “If Satan can’t make you bad, he will make you busy.” Satan loves to get us off track by stealing our time. There is no shortage of things to keep us busy. Life can be crushing at times, and, consequently, a lot of things suffer because of it, including marriages, health, relationships with children, and most importantly our relationship with the Lord. In this message, Pastor Gary teaches from a familiar story about two sisters, Mary and Martha. Martha was frantic, busy, and distracted while Mary was calm and sitting at Jesus’ feet listening to him. Jesus admonished Martha for being so worried and anxious, but he commended Mary for being so calm and devoted. In this message, Pastor Gary helps us understand the importance of managing the time God has given us to fight against the busy demands of life.

1. Mary and Martha

- a. Lazarus was Mary and Martha’s brother.
- b. Martha was troubled by the fact that Jesus didn’t come in time to heal Lazarus.
 - i. [John 11:21](#) - “Now Martha said to Jesus, ‘Lord, if You had been here, my brother would not have died.’ ”
- c. Mary anointed Jesus with costly oil.
 - i. [John 12:3a](#) - “Then Mary took a pound of very costly oil of spikenard, anointed the feet of Jesus, and wiped His feet with her hair.”
- d. Martha was a high-strung, get-things-done, perfectionist.
- e. Mary was very different; we would think of her as being a laidback person.
- f. Martha was distracted and busy, while Mary was just content to sit and listen to Jesus, which seems to have irritated Martha to the point that she told Jesus to tell Mary to help her!
 - i. [Luke 10:40](#) - “But Martha was distracted with much serving, and she

approached Him [Jesus] and said, 'Lord, do You not care that my sister has left me to serve alone? Therefore tell her to help me.' "

g. Pastor Gary said, "Don't think that Mary was just being lazy. Mary was not being lazy. And Martha is not the model Christian with a servant's heart. Don't think that about either one of them. ... [Martha] is a model Christian of most of us with a busy life."

i. **Luke 10:41** - *"And Jesus answered and said to her, 'Martha, Martha, you are worried and troubled about many things.' "*

h. Martha brought a lot of this on herself because she was the one who invited Jesus to come to their home.

i. **Luke 10:38** - *"... a certain woman named Martha welcomed Him into her house."*

i. It seems like the inference is that Martha had tried and failed to get Mary to help her, and Martha urged Jesus to tell Mary that she needed to help.

2. Pastor Gary shared three things about Martha that are common to many people today.

a. Distracted about what had to be done

b. Worried about what hadn't been done

c. Complaining about who wasn't helping get things done

3. Distracted

a. Imagine how little there really would have been in a first-century home to distract Martha when you compare that kind of lifestyle with twenty-first century living!

b. Pastor Gary said, "Our lives are filled with things to do. There is no shortage of stuff to keep us busy. There are regular demands on our time that can sometimes make life crushing and, consequently, a lot of things suffer in our lives because we are so busy. ... When we are too busy, [all of the really important things] get squeezed out to whatever leftover time we have, which isn't much. [It's] then that we find out how many [of the really important things] end up suffering in our lives."

c. One of the ways the enemy of our souls steals from us is to steal our time.

i. **John 10:10a** - *"The thief does not come except to steal, and to kill, and to destroy."*

d. We are not disciplined when it comes to managing our time.

i. **Psalms 37:23a** - *"The LORD directs the steps of the godly."* (NLT)

e. Pastor Gary said, "We need God's help and wisdom to navigate all of the business of our lives."

4. Prioritize Jesus

- a. [Luke 10:39](#) – “... [Mary] sat at Jesus’ feet and heard His word.”
- b. Pastor Gary said, “[This is a beautiful picture] of someone who [was] unhurried and sitting at Jesus’ feet listening to him. ... [There was Mary drinking in the Word of God as Jesus was teaching and sharing.] Wouldn’t you love to have learned what [Jesus] had to say in their home, privately to them?”
- c. [Luke 10:42](#) – “... *but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her.*” (NIV 1984)
- d. Pastor Gary said, “If the choice is between busy work that doesn’t really have to get done at the moment and sitting at Jesus’ feet to learn, sit at Jesus’ feet and learn! ... I don’t know about you, but I am a list person. ... How many of you, as I have come to understand, [realize] your list is endless! ... There’s always something on the list. There are times when I despise the list... and then I feel disorganized and chaotic, so I go back to the list. The list is okay if it keeps you on track, but it’s not okay if it consumes you. ... We are not really walking in fellowship with the Lord because we are too busy with [our] list. ... The list can be an enemy; it can cause us to feel like we have to constantly be in motion and [that] fuels this sense of busyness. ... This is a reminder to us about the importance of spending time in prayer and reading [your Bible]. ... [In practical ways] how does it look to sit at Jesus’ feet to drink in his Word, spend time in prayer? ... It has to be something that we are intentional about. [If] you are an early riser, get up early, take your Bible to a quiet place and read and pray. ... Don’t be legalistic about it. Some of you may be better off ending your day when everything is quiet... Maybe for some of you, your quiet time [might be during your long commute to work]. ... Most of us can testify to the fact that if [we] don’t order [our] day with seeking the Lord, [the] day ends up being much more chaotic, [frazzled, and stressful]. ... **I’ve noticed that Proverbs in the morning gives me wisdom for the day, and Psalms at night helps to put my mind at rest.** ... The important thing is [to] have time to pray and have time that you are in the Word. ... This is for our benefit.” (Emphasis added)
 - i. [Isaiah 26:9](#) – “*With my soul I have desired You in the night, yes, by my spirit within me I will seek You early...*”

5. Cherish family

- a. Pastor Gary said, “Too many marriages and relationships with children have been sacrificed on the altar of busyness. And one of the biggest culprits is a career. ... I know the vicious cycle. You want a career to help provide for your family, but then the career takes over your time, and you are not there as much for your family. ... If at all possible, and I know sometimes it just isn’t [possible]... tighten your belts and live off of tuna fish and Ramen noodles and one income so that at least one parent can be home with [the child or

children]. ... It's important. ... I know that there might be some extenuating circumstances where dads are the stay-at-home parent, but, otherwise, when I look at Genesis chapter three... God puts the burden on men to provide for their [family] and the dignity that is for men to work hard... and for women to nurture children. ... If you are a stay-at-home mom, don't you ever let progressive feminists shame you for not being a career woman. [No] one can love and raise your children better than you! ... [Don't think of it as quality of time versus quantity of time], that's a cop out. [Children] and spouses need quantity of time so we have to make certain sacrifices. There is an epidemic of absent fathers in America. ... [There need] to be dads who take responsibility to be loving leaders in [the home]. ... It's going to take [moms and dads] who are disciplined with [their] time."

6. Schedule pauses

- a. Pastor Gary said, "[We] must intentionally put pauses or rests into our schedule, and I'm not talking about vacations, although that's vital, too. I'm talking about not cramming so much into your day or into your week, but actually scheduling a pause on your calendar like it's an important appointment. ... If you don't schedule the pauses, you will fill [your time] with something, and then you will end up suffering for it in some way. ... [Scheduling pauses will] help you pace yourself better."

7. Incorporate friendships

- a. Pastor Gary said, "This is also an important part of our time. ... We need friends. God designed us to be in fellowship and friendship."
 - i. [Proverbs 17:17](#) - "*A friend is always loyal, and a brother is born to help in time of need.*" (NLT)
 - ii. [Proverbs 27:17](#) - "*As iron sharpens iron, so a friend sharpens a friend.*" (NLT)

8. Learn to say, "No"

- a. Pastor Gary said, "Some of you are just overcommitted because you can't say, 'No.' ... [Don't] say, 'I don't have time' because you do [have time]. Every single one of us has been given the same twenty-four-hour time period every single day by God. The question is, 'How are you going to use those twenty-four hours that God has given you?' ... [Pray for discernment so that you will be able to understand what is and what isn't a good use of your time.] ... Think of time like every precious thing God has given you. ... The time we have is a gift from God, and we don't know how much time we have; [God] does. [We] need to be good stewards or managers of the time God has entrusted to us."

9. Pastor Gary said, "God designed [us] to prioritize him, to be there for your spouse

and [children], if you have [children], to have intentional rests, to enjoy friendships, and to say, 'No,' to things that God doesn't want [us] to do. ... [We need to ask ourselves this question: 'Would Jesus have said my name?']

Discussion Questions

1. Read [Luke 10:38–42](#) to provide a foundation for your Bible study time.
2. Provide an overview of Pastor Gary's comments about Martha and Mary. (See #1 above)
3. Do you see yourself in Martha regarding being distracted about what needs to be done, what hasn't been done, and who isn't helping you get things done? (See #2 above)
4. Read and discuss Pastor Gary's remarks and related Scripture concerning being distracted. (See #3 above)
5. Spend time talking about Pastor Gary's comments regarding the need to prioritize the Lord in our lives. (See #4b and #4d above)
6. Do you prioritize the Lord because that is choosing "*what is better*"? (See #4c above)
7. Read and discuss the recommendation Pastor Gary made about reading Proverbs and Psalms. (See #4d bold text)
8. Read and discuss Pastor Gary's comments about cherishing family. (See #5 above)
9. Read and discuss Pastor Gary's remarks about scheduling pauses and times of rest. (See #6 above)
10. Read and discuss [Proverbs 17:17](#) and [Proverbs 27:17](#). (See #7 above)
11. Read and discuss Pastor Gary's comments about the need to say, "No." (See #8 above)
12. When you look at the five-point outline Pastor Gary shared, do you feel as though you have failed at one or more?
13. What are some of the changes you need to make in your life?

14. Close your Bible study time by reflecting on the question Pastor Gary asked at the end of his message: 'Would Jesus have said my name?' (See #9 above)

15. Close your meeting by allowing the Holy Spirit to lead your time of prayer.

* Unless noted, all Scriptures quoted are from the New King James Version (NKJV)