

Gathering Question: Someone has written that the “archenemy of spiritual authenticity is busyness.” How do you respond?

Too Busy to Pray

It goes without saying that authentic Christians have a strong relationship with the Lord. Just like any other significant relationships that we might enjoy (spouse, children, friends) it takes work and time for those relationships to grow and develop. Good relationships are being renewed day by day. The greatest enemy of our spiritual lives is busyness. Busyness is closely tied to worldliness—getting so tied up in the world’s agendas, objectives and activities that we neglect our walk with God.

If you are involved in the marketplace, you have been trained to believe that time is money. That’s one reason why we are so concerned about managing time and money efficiently. The concern is how do we cram more into each day? Can we start earlier and end later? Take work home, use a laptop. Phone clients while you drive. Check email while you fly. Schedule your meals for profit. Performance, performance, performance is the key to promotion, increased compensation, and power.

You don’t have to be in business to get yourself totally over-committed. In fact, over-commitment is a way of life for many American families. We must be involved in as many activities as possible. We even teach our children this way of life by over-committing them too? School, athletics, band, youth group, and on and on it goes! No wonder most Americans are tired!

Any way you cut it, authentic Christians find time to be with their Lord. Not left-over time, or throwaway time, but real, quality time. Authentic Christians leave time for meditation, contemplation and deep reflection about his or her relationship with God. Authentic Christians covenant or promise time to be with their Master—unhurried, uninterrupted time.

You cannot become a spiritual giant on a diet of constant activity, even if the activity is all church related. Strength comes from solitude. Power comes from quiet. Decisions that can change the course of a person’s life come from time walking humbly in the presence of the Lord.

Read: Psalm 131

Reflect:

1. What is the mood of the Psalmist?
2. How could pride produce extreme busyness?
3. Can you tell what decision the Psalmist has made?
4. From your own experience or from watching mothers with their children, how does a mother quiet a troubled child? How does this compare to how God comforts us?