

# CHAOS/BE STILL

By Lee De Groot

## OUTLINE

**I. Youtube: William Tell Overture-Momisms by Anita Renfroe**

**II. Questions to ask yourself**

**III. Activity**

**IV. Side Effects-Ecc 5:3, Prov 14:30**

**V. Consequences-II Cor 5:10**

**VI. Questions to ask the Lord**

**VII. Activity-Optional**

**VIII. Bible Verses: Psalm 39:5-7, Matt 11:28, 29**

**IX. Review and time to think**

**X. Challenge and Bible Verse: Psalm 46:10**

**XI. Prayer**

## Activity:

Watch youtube.com William Tell Overture Momisms by Anita Renfroe

## REACTIONS:

Did any of this sound familiar? Thank your mom's when you get home!

We all live way to busy of lives. God does not tell us to just sit around and be lazy. God want us to find and use our talents, however, there is a balance we need to find in this crazy, chaos we call life.

## QUESTIONS TO ASK YOURSELF:

1. What am I giving my attention to?

2. What keeps me busy?

\*TV, movies

\*video games-COD, Super Smash, Runescape, WOW, Halo, Madden

\*face book, twitter, texting

\*E-bay

\*sports-track, gymnastics, swimming, basketball, baseball, softball, volleyball, football, wrestling, hockey, rugby, tennis, taekwondo, lifting

\*music-piano, violin, orchestra, drum line, jazz band, marching band, regular band, choir, swing choir, tours

\*work

\*homework-regular assignments, procrastination on papers, extra credit,

\*cars-washing, waxing, stereos, over-hauling

\*cruising around

\*shopping

\*boyfriend/girlfriend

\*fighting with parents

\*dance, flags, cheer-leading, drill team

\*play practice, drama, speech

\*intramural, debate, student council, quiz bowl, envirothon, science fair

\*4-H, live stock judging team, fair queen

\*Church, Youth group, Bible Studies, TEC, Serve Trips, Live It, Catechism, Praise Team

\*peer pressures

\*popularity-friends

## ACTIVITY:

In a large box, place a group of items that represent many things that kids in your group involve themselves in:

Sport equipment

X-Box games

Magazines

TV Guide

Music books

Videos

Ipods

cell phones

computer mouse

drama book

MSN messages

time card for work

school books/homework

family picture

hobby items

Anything else that may apply to your group's interests.

Start by placing a Bible on the floor opened to Matt. 6:33. For starters ask the group what sports they enjoy playing. When they answer pull the corresponding object from the box and toss it onto the Bible. Continue the interaction, asking what classes they like the best, how they prefer to spend their leisure time, what are their school extra curricular activities, what they do at home, what are their jobs, who their family is, etc. Each time grab the appropriate object from the box and toss it onto the pile (which by now has probably covered the Bible completely). After you do this for a while ask, "**What happened to God?**" The answer – obviously is that God got buried under all the stuff. Once you establish that fact pull out the Bible from the stack and read Matt. 6:33 and ask. "**What would happen if you put the Bible or God on top of the pile all the time?**" "**Would that change anything?**"

### **SIDE EFFECTS TO BUSYNESS:**

1. Being too busy cuts into our sleep.

*"Being too busy gives you nightmares."* **Ecclesiastes 5:3**

2. Being too busy makes us unhealthy. It can cause us to have headaches, stomach aches, anxiety and depression.

*"A calm and undisturbed mind and heart are the life and health of the body."* **Proverbs 14:30**

3. Being too busy can cost us our relationships with others and God.

"If you're too busy to spend time with God, then you're too busy!" If we don't spend regular, quality time with those we love-- including God--our relationships will be shallow, meaningless, and unfulfilling".

### **CONSEQUENCE OF BUSYNESS:**

The Bible indicates that we will eventually answer to God for what kept us busy while we lived on this earth.

*"For we must all appear and be revealed as we are before the judgment seat of Christ, so that each one may receive his pay according to what he has done in the body, whether good or evil considering what his purpose and motive have been, and what he has achieved, been busy with, and given himself and his attention to accomplishing."* **2 Corinthians 5:10**

\*Re-read these verses so they really get this! God will ask each of us on Judgment day what we were busy doing!

### **QUESTIONS TO ASK THE LORD:**

1. "What do you want me to change?"

2. "What would you have me leave alone?"

Jesus told His disciples, *"We must work the works of Him Who sent Me and be busy with His business while it is daylight."* **John 9:4**

\*Notice Jesus said that WE must be busy with God's business. Again, this is a warning to all of us!

**ACTIVITY:** (IPOD, paper, pen, optional-a CD player-this could be fun for those kids that are into electronics)

Make your own rendition of "William Tell Overture Teenager-isms". From the kids' individual lists make a master list of what makes your group busy in a given week. With someone's IPOD have one of the leader's video tape each student yelling out or singing out one of the activities until the list is done. If you really want to be creative you can choose to do it to back ground music of the original William Tell's Overture. It could be kind of fun to have it then put on youtube! Option...a "techy" kid could take this home and put it together and show it at the next meeting.

Look back at your lists and/or the video...then look at the list below...where were these activities on your lists and how much time did you spend on each activity in a week?

\*Personal Devotions

\*Prayer

### **REVIEW AND TIME TO THINK:**

Every child of God has an earthly assignment and purpose, and it's up to us to discover it and perform it as we walk in close fellowship with Him on a daily basis. David wrote:

*"My life is no longer than the width of my hand. An entire lifetime is just a moment to You; human existence is but a breath. We are merely moving shadows, and all our busy rushing ends in nothing. We heap up wealth for someone else to spend. And so, Lord, where do I put my hope? My only hope is in You."* **Psalm 39:5-7**

*"All our busy rushing ends in nothing."* **Psalm 39:6**

*"Where do I put my hope?"* **Psalm 39:7a**

David recognized that his life on earth would be brief, and that apart from God it would be meaningless.

If you are living an overly-busy lifestyle, the Lord is calling you to make some changes, and He doesn't expect you to make them alone. He says:

*"Come to Me. Get away with Me and you'll recover your life. I'll show you how to take a real rest. Walk with Me and work with Me--watch how I do it. Learn the unforced rhythms of grace."* **Matthew 11:28, 29**

\*Note the words..."Come to me"-we need to come to Him not the other way around. "Get away with Me"-God wants us to find a quiet place away from our busy lives to be with Him. "You'll recover your life"-then we will find our ordained purpose for our lives. "I'll show you how to take a real rest"-I wonder what that would feel like...to have God show me how to rest. "Walk with me"-notice it does not say run with me. "Learn the unforced rhythms of grace"-Do we not know the unforced rhythms of grace?

We all have a purpose and we need to come to our Lord, get away with Him, and we need to walk closely with our Him so we know what our true purpose is on this earth. This walk will grow and mature as we spend personal time with Him. We need to take time out of our busy days and weeks and we need to learn to be still. He will teach us to really rest in Him. We will all be judged for how we spend our time. Judgment day is not a group thing...we will be alone with God on our judgment day answering to Him alone. However, this does not have to be a scary time because Jesus asks us to come to Him and walk with Him and He will walk with us. We need to remember it is the Christian Walk not the Christian Run! Slow down!

Are you tired? Is your life in chaos? Do you have peace? Do you know your purpose? Have you talked to God lately? Have you sat quietly and listened? Do you come to Him? Do you get away with Him? Do you walk with your Savior on a daily basis? Where do you put your hope?

**CHALLENGE:**

Spend some time in your Savior's presence and in His Word, and let Him teach you how to follow in His footsteps of purpose, passion and peace!

***"Be still, and know that I am God." Psalm 46:10***

**PRAYER:** Lord, show me how to choose my priorities wisely so that they will always be in line with Your will. Please don't let me live a life of busyness that will rob me of my health, my peace of mind, and my relationships. Help me to be still. Thank You that as I give You first place in my life and live Your way, I will discover the earthly assignment and purpose that You have ordained for me. Help me to perform this purpose and walk in a close relationship with You, Lord on a daily basis. In Jesus' name. AMEN!