

Reasons for Feeling Busy

- 1. Busyness is a trendy status symbol
- 2. Busyness is job security
- 3. Busyness is FOMO
- 4. Busyness is a byproduct of the digital age
- 5. Busyness is a time filler
- 6. Busyness is a necessity
- 7. Busyness is escapism



Colossians 1:15-23

¹⁵ He is the image of the invisible God, the firstborn of all creation. ¹⁶ For by him all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities—all things were created through him and for him. ¹⁷ And he is before all things, and in him all things hold together. ¹⁸ And he is the head of the body, the church. He is the beginning, the firstborn from the



Colossians 1:15-23

dead, that in everything he might be preeminent. ¹⁹ For in him all the fullness of God was pleased to dwell, ²⁰ and through him to reconcile to himself all things, whether on earth or in heaven, making peace by the blood of his cross.

²¹ And you, who once were alienated and hostile in mind, doing evil deeds, ²² he has now reconciled in his



Colossians 1:15-23

body of flesh by his death, in order to present you holy and blameless and above reproach before him, ²³ if indeed you continue in the faith, stable and steadfast, not shifting from the hope of the gospel that you heard, which has been proclaimed in all creation under heaven, and of which I, Paul, became a minister.





















In an Average Lifetime...

26 years –

5-7 years –

13 years –

Sleeping

- Trying to fall asleep
- Working
- 7 years 6 months Eating and drinking
- 5 years 9 months –
- 8-10 years –
- 1 year 4 months –
- 18 months –

6 months –

Transportation Watching TV

- Exercising
 - Waiting in line
 - At red lights



Is Jesus at the Center of your Life?





