

**COMPELLED**

Kevin Beeson





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**“YOU NEVER PLAY WITH ME,  
YOU’RE TOO BUSY WORKING”**

- **Rowan Beeson**




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“We must have some room to breathe. We need freedom to think and permission to heal. Our relationships are being starved to death by velocity. No one has the time to listen, let alone love. Our children lay wounded on the ground, run over by our high-speed good intentions. Is God now pro-exhaustion? Doesn’t He lead people beside the still waters anymore? Who plundered those wide-open spaces of the past, and how can we get them back? There are no fallow lands for our emotions to lie down and rest in.” – **Richard A. Swenson**




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**BE WATCHFUL...**

**- Busyness Can Zap Your Joy**

Philippians 4:4 (NLT) Always be full of joy in the Lord. I say it again—rejoice!

**- Busyness Robs Your Heart**

Mark 4:19 (NKJV)....and the cares of this world, the deceitfulness of riches, and the desires for other things entering in choke the word, and it becomes unfruitful.



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**BE WATCHFUL...**

**- Busyness can cover up ROT in your soul**

Busyness serves as a kind of existential reassurance, a hedge against emptiness...Obviously your life cannot possibly be silly or trivial or meaningless if you are so busy, completely booked, in demand every hour of the day.- Tim Kreider



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**Luke 10:38-42 (NASB)**

Now as they were traveling along, He entered a village; and a woman named Martha welcomed Him into her home. She had a sister called Mary, who was seated at the Lord's feet, listening to His word. But Martha was distracted with all her preparations; and she came up to Him and said, "Lord, do You not care that my sister has left me to do all the serving alone? Then tell her to help me." But the Lord answered and said to her, "Martha, Martha, you are worried and bothered about so many things; but only one thing is necessary, for Mary has chosen the good part, which shall not be taken away from her."



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**WHAT WAS MARTHA'S PROBLEM?**

**- She was DISTRACTED**

Luke 10:40 - But Martha was **distracted** with all her preparations; and she came up to Him and said, "Lord, do You not care that my sister has left me to do all the serving alone? Then tell her to help me."



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**WHAT WAS MARTHA'S PROBLEM?**

**- She was FEELING SORRY for herself**

Luke 10:40 - But Martha was distracted with all her preparations; and she came up to Him and said, "Lord, **do You not care** that my sister has left me to do all the serving alone? Then tell her to help me."



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**WHAT WAS MARTHA'S PROBLEM?**

**- She was CRITICAL**

Luke 10:41-42 - But the Lord answered and said to her, "Martha, Martha, you are **worried and bothered about so many things**; but **only one thing is necessary**, for Mary has chosen the good part, which shall not be taken away from her."



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WHAT IS THE ONE THING?

SIT & LISTEN  
BEFORE YOU  
GO & DO



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1) EMBRACE YOUR SONSHIP

**Mark 1:10-12 (NLT)** As Jesus came up out of the water, he saw the heavens splitting apart and the Holy Spirit descending on him like a dove. 11 And a voice from heaven said, **"You are my dearly loved Son, and you bring me great joy."** 12 The Spirit then compelled Jesus to go into the wilderness.



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**Romans 8:14-16 (ESV)** For all who are led by the Spirit of God are sons of God. 15 For you did not receive the spirit of slavery to fall back into fear, but you have received the **Spirit of adoption as sons, by whom we cry, "Abba! Father!"** 16 The Spirit himself bears witness with our spirit that we are children of God...



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## 2) INTENTIONAL SLOWING

**Psalm 46:10 (NKJV)**

Be still, and know that I *am* God...



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## 3) SABBATH WEEKLY & RETREAT REGULARLY

**Mark 2:27 (NLT)** Then Jesus said to them, "The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath."



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"I've yet to meet a pastor whose life is balanced, rhythmic, whole, centered, [and] anchored who is not practicing Sabbath."

– **Pete Scazzerro**

"In solitude I get rid of my scaffolding"

– **Henry Nouwen**



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#### 4) MAKE A "NOT TO DO" LIST

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"I used to be afraid of failing at something that really mattered to me, but now I'm more afraid of succeeding at things that don't matter."  
– Bob Goff



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#### 5) ABIDE DAILY

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**John 15:5 (NKJV)** "I am the vine, you *are* the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing.



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