



Relationships

h

What **adjectives** best describe your
family?

What **adjectives** best
describe your family right
now?

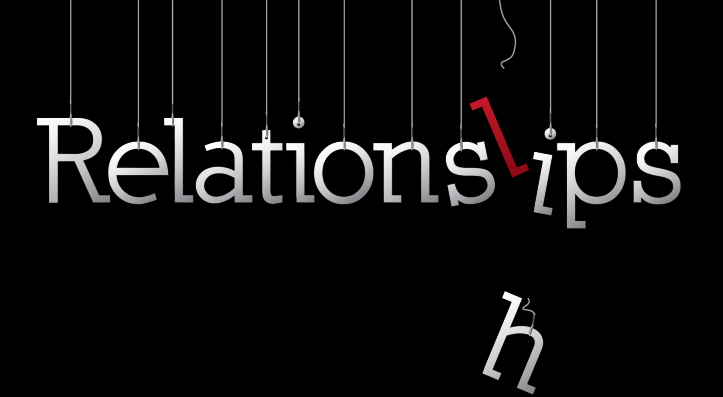
tired
hectic
chaotic
stressful
busy

What **word** best
describes your family
right now?

Overwhelmed!



YOUR FAMILY IS THREATENED BY
TOO MUCH!

A Newton's cradle with five silver spheres hanging from thin wires. The spheres are arranged in a horizontal line, and the background is black.

Relationships
h

Too much is **overwhelming!**

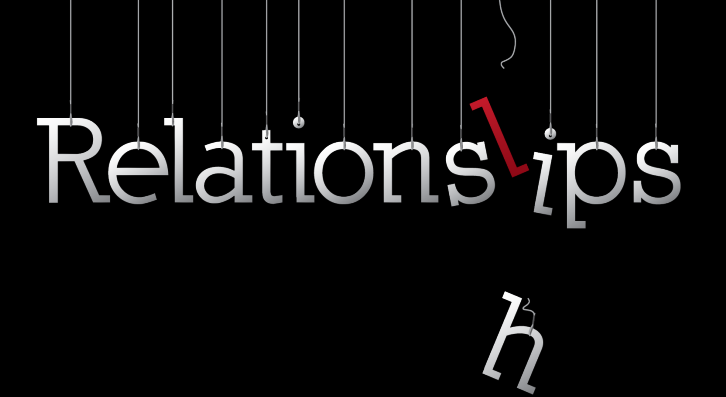
A Newton's cradle with five silver spheres hanging from thin wires. The sphere on the far right is in motion, having just struck or about to strike the others, creating a slight blur and a red mark on the word 'Relationships'.

Relationships

h

Too much **choice**.



A Newton's cradle with five silver spheres hanging from thin wires. The sphere on the far right is in motion, having just struck or about to strike the others, creating a slight blur and a small white dot at the point of contact.

Relationships
h

Too much **work**.



The U.S. is the Most Overworked Developed Nation in the World

 G.E. Miller

 Last updated: January 2, 2018

 309 Comments

Relationships
h

Too much **media!**

Today your consumption
of content will equal
174 newspapers.

(Source: DailyMail)



In the last second 2.4
billion emails were sent.

(Source: Templafy)



In the last minute 21 days
of content was uploaded
to YouTube.

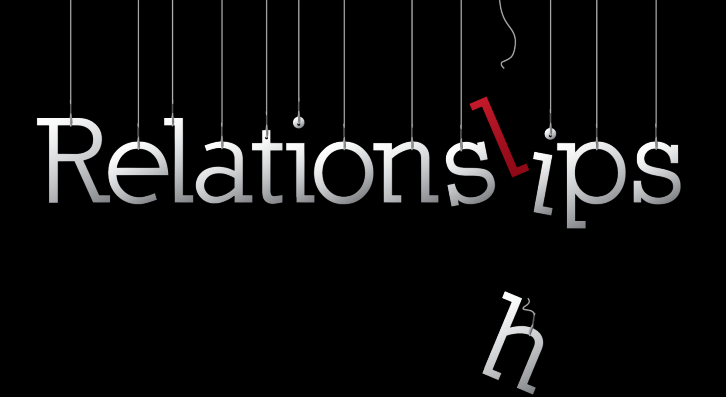
(Source: Statista)



In the last minute 18.7
billion texts were sent.

(Source: 99firms)





Relationships
 h

Too much **comparison!**

145 Minutes

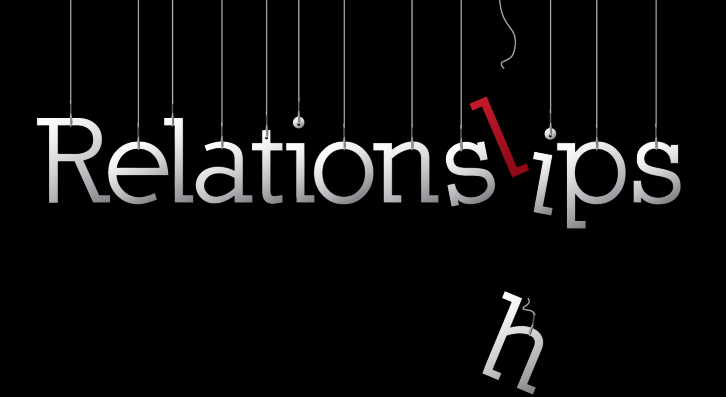
The amount of
time people spend on
social media daily



Source: GlobalWebIndex

We check social media to **see**
what **others** are doing.

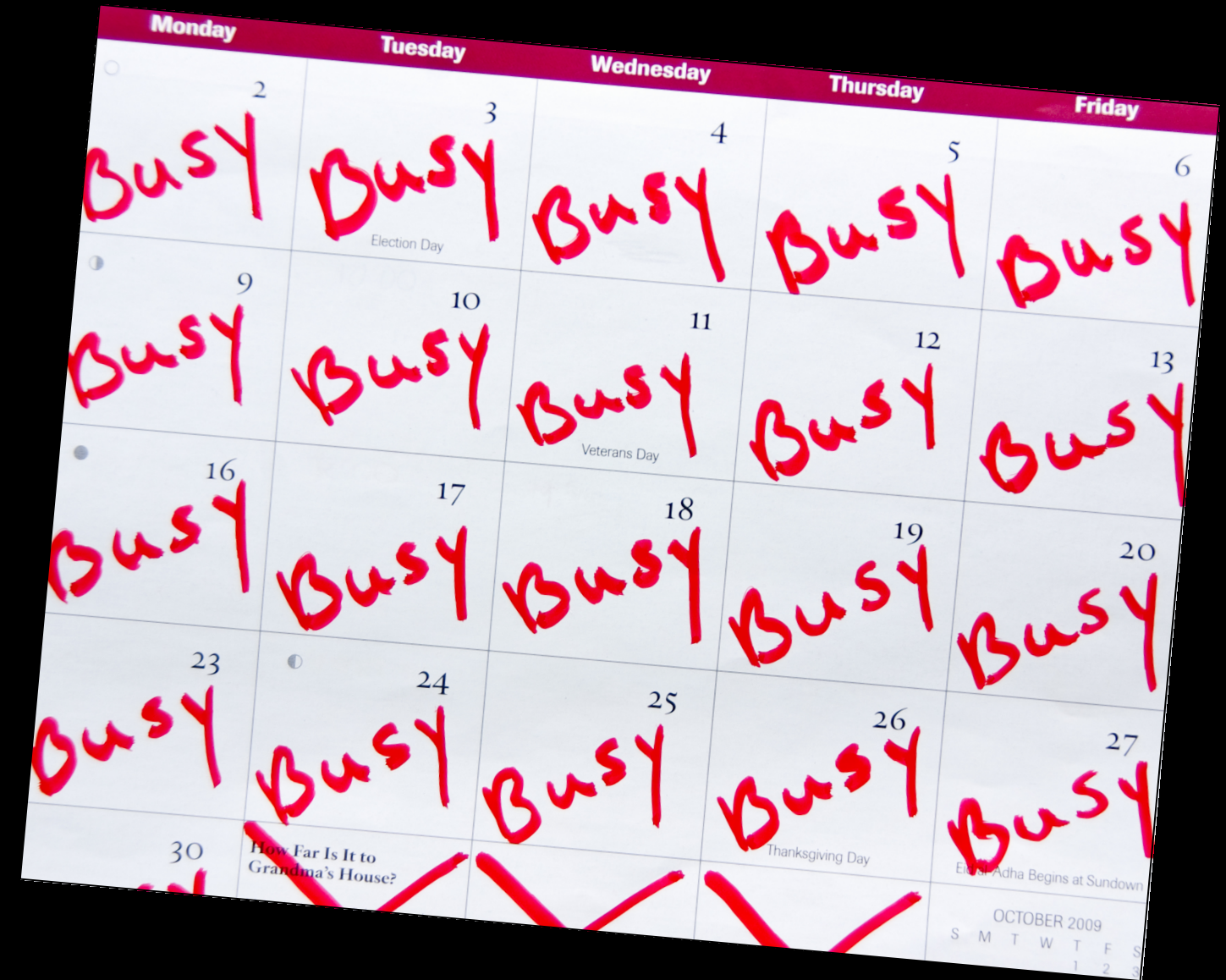
We get **envious**
and suffer by comparison.

A Newton's cradle with five silver spheres hanging from thin wires. The spheres are arranged in a horizontal line, and the background is black.

Relationships
h

Too much **busyness!**

Busyness is a threat
we don't see as a
danger.



Too much **pace!**

We send our packages by ...



Our finances are managed on ...

Quicken[®]

We schedule our activity AT-A-GLANCE on ...

DAY|RUNNER®

Our phone company is called ...

Sprint



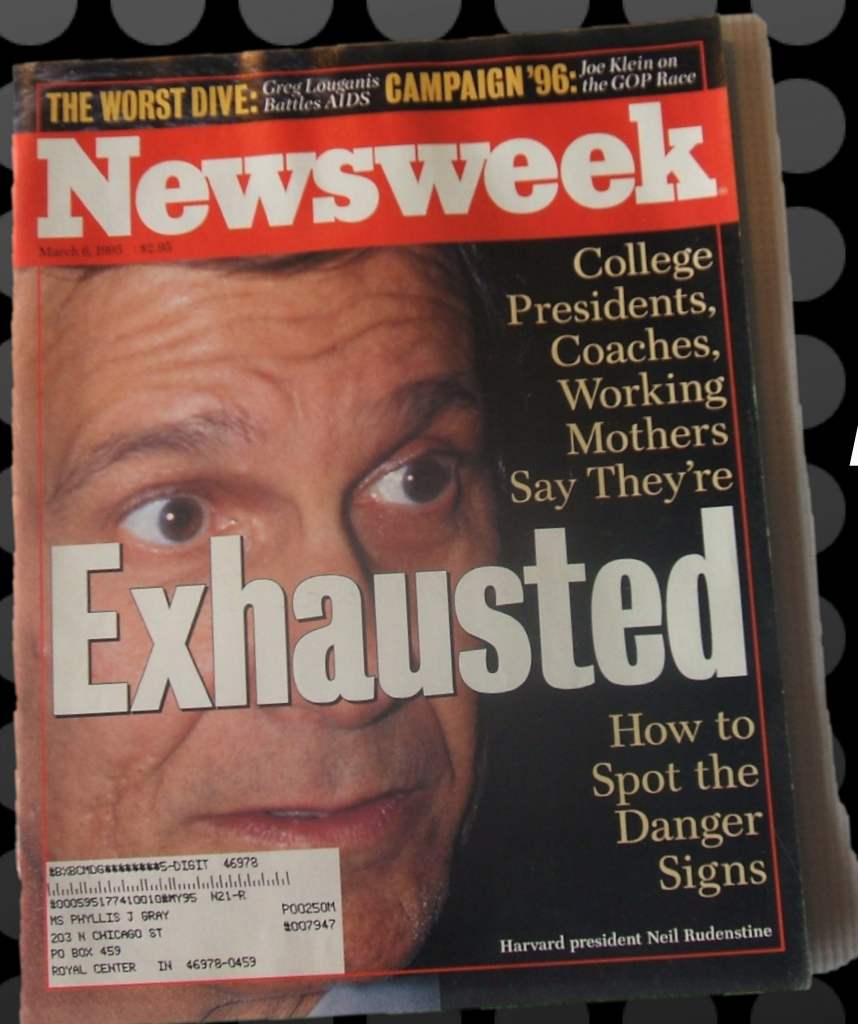
We swim in trunks made by ...



We diet on ...

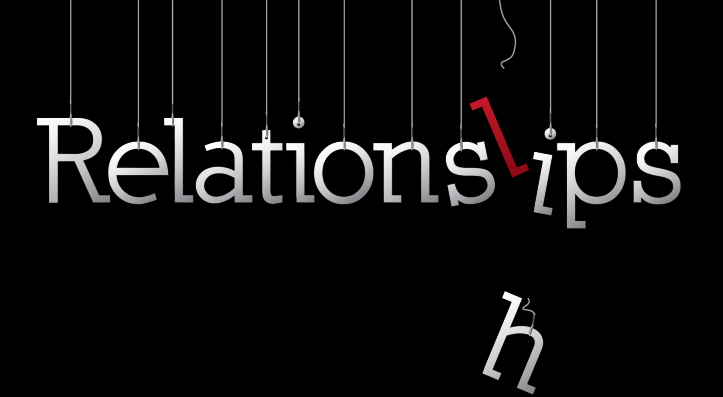
Slim·Fast![®]

3 · **2** · **1** Plan[™]



"We are fried by work, frazzled by the lack of time... technology hasn't made our lives better, just busier."

Newsweek
March 6, 1995



Relationships

Your family is threatened
by **too much!**



MAKE THREE CHOICES TO **INVEST**
IN YOUR RELATIONSHIPS.

We have no idea about what is
truly **important** in life.

The New York Times

WORK-LIFE BALANCE

Stressed, Tired, Rushed: A Portrait of the Modern Family

By Claire Cain Miller

Nov. 4, 2015

A photograph of a man and a woman in a kitchen. The woman, on the left, is holding a baby and looking down at a cutting board. The man, on the right, is wearing glasses and a light blue shirt, and is looking down at a plate of food. The kitchen has white cabinets, a microwave, and a stove. A blue kettle is on the stove. A white trash can is visible in the background.

*You basically just always feel like you're
doing a horrible job at everything.*

We have forgotten how
to use our *off* switch.



What you are doing is **not good**. You and these people who come to you will only **wear yourselves out**.

Exodus 18:17-18 | NIV

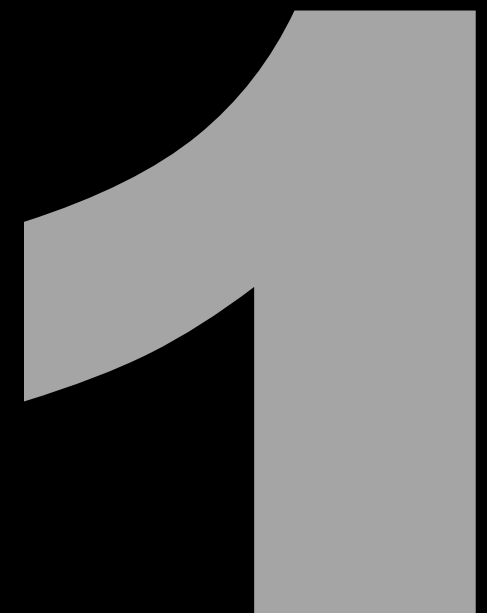
Our plates are full, but
our hearts are empty.

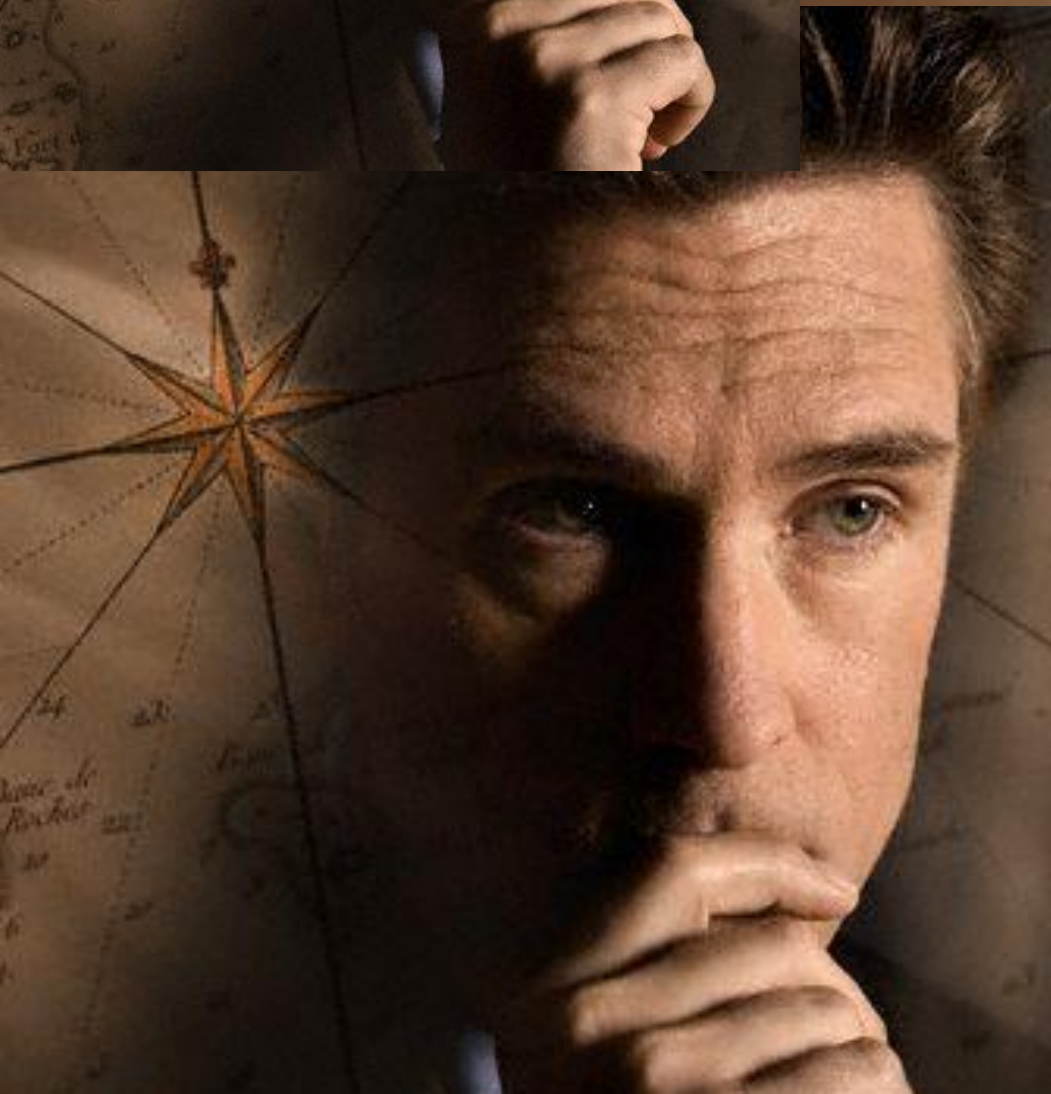
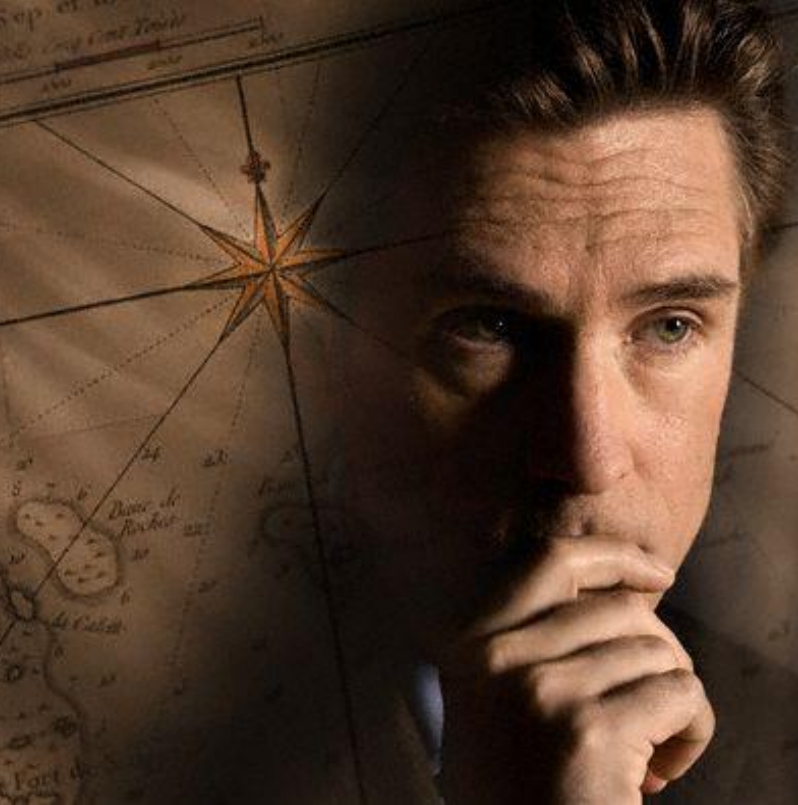
Yep, it's empty...



So What?

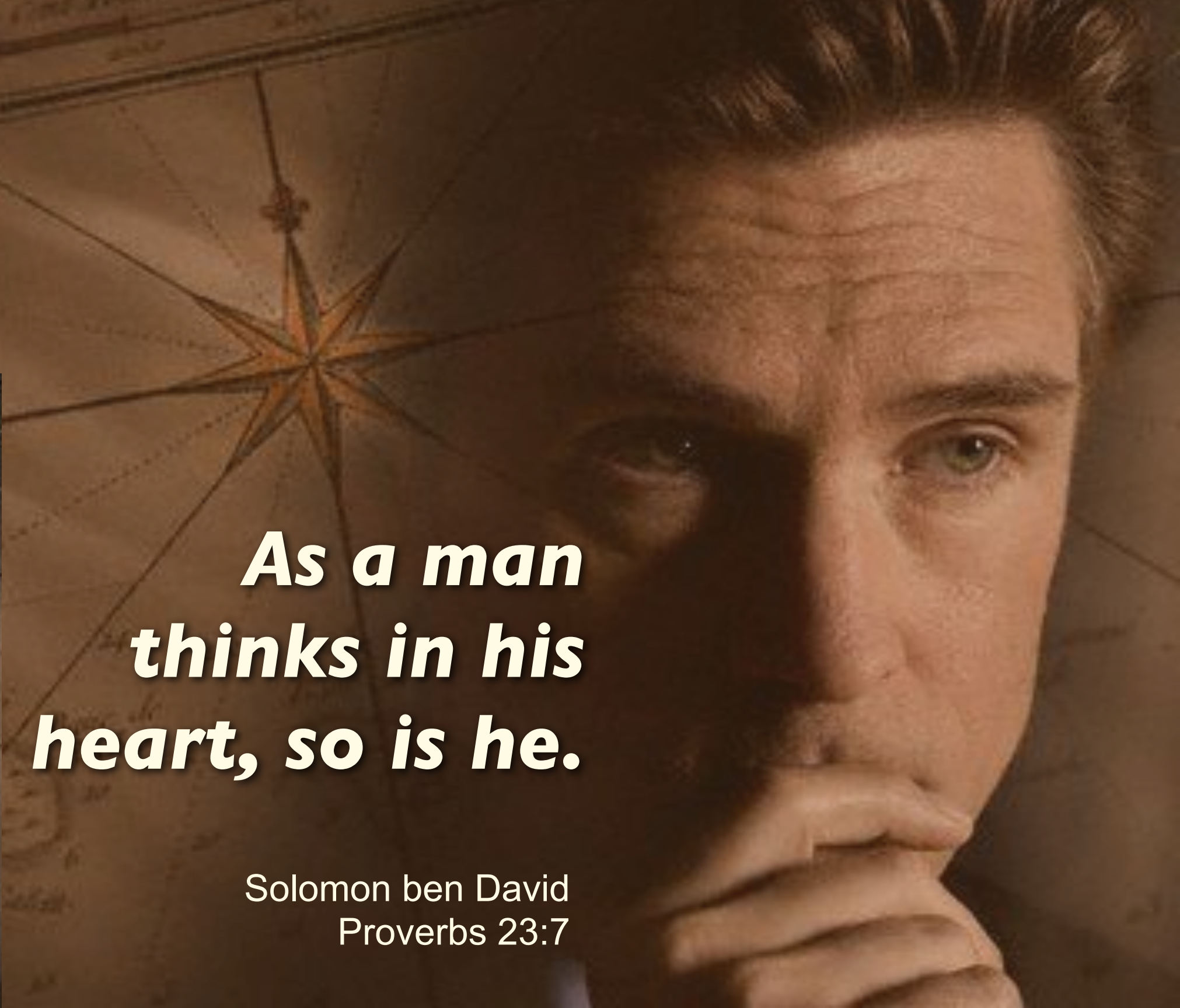
Change your **defaults!**





***As a man
thinks in his
heart, so is he.***

Solomon ben David
Proverbs 23:7





*Where success is concerned,
people are not measured in
inches or pounds, or college
degrees, or family background;
they are measured by the
size of their thinking.*

David J. Schwartz

BUSY \neq GOOD

What if we were slightly **embarrassed**
to say that we are **busy**.

Busy is an **enemy** of the best.

Learn some **boundaries**
and **get some help.**



Build a **weekly sabbath**
into your family life.

Slow down and **listen**
for the quiet voice of God.



As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him.

Luke 10:38-42 | NIV

She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was **distracted** by all the preparations that had to be made.


Luke 10:38-42 | NIV

She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was **overwhelmed** by all the preparations that had to be made.


Luke 10:38-42 | NIV

She came to him and asked, “Lord, **don’t you care** that my sister has left me to do the work by myself? Tell her to help me!”

Luke 10:38-42 | NIV

A man with long, wavy brown hair and a goatee, wearing a black leather jacket with a brown fur collar and black leather pants, stands on the left. He is looking towards the right. A woman with short brown hair, wearing a black turtleneck with a grey fur collar and a bright orange skirt, stands on the right. She is looking towards the left. They are holding hands. The background is a rough, grey stone wall. A semi-transparent dark grey horizontal band is overlaid across the middle of the image, containing the text.

People will always try
to pull you into their busyness!

A woman with grey hair, wearing a white tank top and a green apron, is in a kitchen. She has a distressed expression, with her eyes closed and a pained grimace. She is holding two wooden spoons against her forehead with her right hand. In the foreground, there are several cooking items: a large stainless steel pot with a lid, a smaller white pot, and a dark frying pan. The background is a kitchen with a window and some hanging items. A semi-transparent black banner with white text is overlaid across the middle of the image.

People will always try
to pull you into their busyness!

People will always try to pull
you into their busyness.

Busyness is a thief of joy.



BUSYNESS CAN CAUSE YOU TO
MISS GOD!

“Martha, Martha,” the Lord answered, “you are **worried and upset** about **many** things ...

Luke 10:38-42 | NIV

but **few things** are needed — or indeed only **one**.
Mary has chosen what is **better**, and it will not be
taken away from her.”

Luke 10:38-42 | NIV

Many things = NOT GOOD!

Few things = BETTER!



**BUT ONE
THING IS
NECESSARY.**

**MARY HAS CHOSEN THE GOOD PORTION,
WHICH WILL NOT BE TAKEN AWAY FROM HER."**

LUKE 10:41-42

Sit with Jesus!
Be with Jesus!
Listen to Jesus!
Follow Jesus!
Enjoy Jesus!

Come to me all you who are **weary** and
heavily **burdened**, and I will give you **rest**.

Matthew 11:28| ESV

Delight yourself in the Lord!

Psalm 37:4 | ESV

What one best thing is
God calling you to do?

Relationships
h

All families are **messy**.

All families are **messy**.
Not all families are **in pain**.

In Your Family ...

Make God's way
your every day way.

A Newton's cradle with five silver spheres hanging from thin wires. The spheres are arranged in a horizontal line, and the background is black.

Relationships
h

Learn • Obey • Share

Spiritual maturity is gauged by
application and obedience not
contemplation and information.

Challenge

Go to the bathroom (or other quiet place!)
without your cell phone.

Extreme Challenge

Have a family conference about things
to **stop doing** and **start doing**.



Relationships

h