"I'm fine, just busy…"
Lesson 10
How do I hit reset?

Intro: There is nothing I dislike more when it comes to a good hat as the phrase "One size fits all." If any of you have had the experience of trying one of those hats out, you may have found as I have that statement is not always true. For some it may be the perfect, for others they may feel like they are being swallowed by their hat, for others it could seem like they have a kid's hat that just perches on top of their head.

Why do I start out with such a silly mental picture? When it comes to answering the question posed above (How do I hit the reset?), I want us to avoid falling into the temptation to expect this perfect tidy answer that is going to solve all our problems with busyness. In fact, DeYoung specifically addresses this in the final chapter of his book, stating, "Well, for better or worse—actually better, I think—I don't have a self-help makeover to offer. I can't fix your broken, busy life." Now, if you are like me, you are perhaps feeling a little confused. We just spent a summer series talking about this issue of busyness, and not that we get to the end are ready for this fabulous bow to be tied around the series with the perfect solution to never struggle with this again. We must avoid expecting a one size fits all answer to this problem of busyness.

That being said, I don't want to leave us feeling as if we are grasping at straws for a solution. In this lesson, I hope to leave you with some tangible tools to evaluate and make Christ honoring changes, but it does not mean that it won't take work. So, for the next few minutes, let's walk through 4 steps of a basic process to diagnostically hit the reset button in a way that leads to sustainable, healthy change.

1. Establish the goal you are aiming for…

- Consider for a moment where we started this series…Luke 10:38-42
  - Jesus confronted Martha about the goal that she was pursuing
  - Consider the example that He used
    - But one thing is needful: and Mary hath chosen that good part,
    - Jesus' emphasis was to remind that the WHO is more important than the WHAT
      - A question that is a natural part of this entire series regardless of the lesson is, how does this connect with helping me pursue Christ best?
    - As followers of Christ, our goal and aim is radically different from those in our secular community

        - Our focus is not dependent so much on what we can accomplish, but on prioritizing Christ and our relationship with Him.
            - Colossians reminds us of this: that in all things He might have preeminence. Everything else flows in subservience to that aim.
                - This is not to say that having a hobby you enjoy is wrong. Having that hobby be your focus and goal is wrong.
- Let's take this to a practical spot for hitting the reset button
    - Husbands/Fathers - How are you setting this goal in your home?
        - Scripture has called us to embrace this leadership role. We set the spiritual tone in our home. How we use our time as a family plays a direct role in that spiritual tone.
            - Questions to consider
                - Have we let a specific hobby or activity take precedence over spiritual things?
                - Do we need to consider choosing a new job that is pulling us away from the times of assembly?
                - Am I promoting a Christ-conscious view of our family schedule? (God doesn't just exist on Sundays and at dinner when we pray)
    - Wives/Mothers - How am I doing supporting that goal as a family?
        - While wives are to submit to the leadership of their husbands following the Biblical model, that does not remove the stewarding role that they have in their own life and their children's lives
            - Questions to consider
                - As perhaps an older mother/wife, how am I investing into the next generation of mothers/wives below me?
                - Am I supporting the leadership of my husband in our family's goal or creating tension in the home by encouraging the pursuit of other things?
    - Young Adults/Teens
        - You are in a pivotal time of life in setting the foundation and direction of your future. We talk about trajectory a lot here at church. It is a profoundly wise question to consider personally and with godly mentors in your life - based on the decisions and actions I am making: what is my trajectory communicating about my goals?
        - If you are a teen, you are still growing in this process and may have your parents set some of these things for you. Don't resent that. Grow in appreciation for the lessons and process that they are teaching you.
            - Questions to consider

        - How much time am I investing in my own pursuits (hobbies, sports, entertainment, video games) versus investing in service to my brothers and sisters around me and my local church
        - What process are you developing to discern whether your decisions are using my time to further heavenly purposes or merely personal pursuits?

2. Evaluate how your priorities achieve that goal

- In many ways, this point is intertwined with the first point, but it is a necessary part of the reset button.
    - There is no doubt in my mind (because I have experienced it myself), you have found some conviction going through this series.
        - All of us can do better and should do better with our time. For many of us, the first question serves as a great reminder: Yes, my goal is the pursuit of Christ and His desire for how I live my life. The natural progress, then, is to reflect on the priorities that we have set up to accomplish those things.
            - Have you ever been a part of a Kickstarter? They cast the vision for accomplishing a specific task
        - We want to be people of action and not just words!
            - "Yes, pursuit of Christ is my goal, but…."
                - If our priorities do not match the goal that I am aiming for, then the goal will never be reached or accomplished.
                - For some of us, perhaps we need a massive change for the goal. We have let an idol fully steal our focus from Christ and become the thing that we pursue above all else. If anyone asks, what's your goals? It is the first thing that comes to mind and what I orient my entire life around.
                    - Runner illustration
                - I would wager that for many of us, we have the right goal, or at least verbally the right goal, but our priorities and calendar would reveal that isn't always the case.
                    - So take the time and evaluate. What do I need to prune to better achieve that goal that should matter, seeking first the kingdom of God? What am I giving too much time to that isn't even a bad thing, but is not necessarily an eternally minded item?

3. Choose one habit to change or add to your life

- For this next point, I feel like I am going to talk a little bit out the other side of my mouth. Pastor Derek, you just said to evaluate my priorities and change them if they aren't helping me accomplish the main goal of my life as a Christian of pursuing Christ. Yes, yes, I did.

- Forgive me for perhaps being a bit confusing, but let me explain.
    - Perhaps you have heard this profound proverb before: How do you eat an elephant? One bite at a time.
    - In his book Crazy Busy, DeYoung references another book that expresses this profound proverb in another way:
        - Charles Duhigg, in his book *The Power of Habit,* argues that people usually change bad habits most effectively by focusing on only one pattern, or what Duhigg calls a "keystone habit." "If we concentrate on one specific habit, instead of on the thousand areas that make up our busy lives, we are more likely to be successful, not just in that one area but in many others. For example, think of what could happen if you made it your one firm, resolute goal to spend time every day in the Word of God and prayer."
            - DeYoung goes on to give several examples of how on solid habit change can have major impacts on the other behaviors that we have
                - Instead of being overwhelmed, which can happen with a big topic like we have addressed this summer, take it one piece at a time.
                    - For some, that start maybe I'm prioritizing my time in the Word and prayer.
                    - For some, that start maybe I'm removing this idol of time consumption in my life.
                    - For some, that start maybe I'm going to add in a specific ministry opportunity into my schedule.
                - Again, not everyone is going to have the same response here. There is no one size fits all, but there is a change that everyone can and should make.

4. Don't get give up when you struggle

- You will fail in this endeavor. How's that for encouraging?
    - All of us battle the same problem: we are redeemed, sinful people living in sin-cursed bodies battling our flesh. All of that equates to we are going to make mistakes and sin.
        - The encouragement is that that is not the end. We are not defined as followers of Christ by our shortcomings, but by Christ's mercy and forgiveness.
        - Grace motivates us and picks us up when we fall short of His perfection and holiness.
        - Several Scriptures remind us of this:
            - Romans 8:1 - *There is* therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.
                - You experience the forgiveness of Christ and the motivation to keep going! He has accomplished it all for us. We simply now walk in service and obedience to Him.

        - Phil. 1:6 - Being confident of this very thing, that he which hath begun a good work in you will perform *it* until the day of Jesus Christ:
            - We are not doing this on our own and with our own power. We experience the life-changing power of Christ's work. God has promised that our eternity is secured if our trust and faith is in Him, but beyond that, He is working in every single one of us to better shape us into His image.
    - Practically, set up some accountability for yourself
        - Check in with them periodically
    - Pray for God's help in making these changes
    - Seek encouragement when you feel discouraged
        - Find it in the Word and in God's people
        - Psalm 73:26 - "My flesh and my heart faileth: *but* God *is* the strength of my heart, and my portion for ever."

Conclusion: So, it is time to hit the button. We have been challenged and equipped this entire summer, but now is the challenging part: we must put head knowledge into action. Lord willing, this four-step process can help you into tangibly doing that. Resist the urge to stay the same - everyone has areas to grow here. The temptation is to say, my life is good as is. Take the important step of saying, I need to make some changes, and hit the reset button.