

# Feeding the Flock

## Proclaiming Christ

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## Busyness of Our Own Making

*Matthew 11:29: "Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."*

"I'm just so busy." How often have we thought those words? I struggle with busyness daily and I suspect you do, too. As aptly depicted in Calvin and Hobbes cartoons, I long for the "halcyon days of youth."

Busyness is often experienced as a burden signifying worry, attributable to a greed for more. But how can I be so busy, busier today than when as a child I experienced those halcyon days as boredom? And, how can I be so busy in a day filled with time saving devices such as automobiles, dishwashers, and cellphones when a century ago these things were rarely seen if at all?

One reason for the contradiction is that we try to do so much more. I have been reading through David McCullough's excellent biography *John Adams* recently and came across the following interesting tidbits:

John Adams' wife Abigail did not attend his inauguration as US President, despite the fact that they were madly in love and she was quite healthy and in the Northeastern US at the time.

John Adams did not attend the funeral of his aged and beloved mother while he was President, despite the fact that both she and he were in the Northeastern US at the time of her passing.

Neither John nor Abigail attended the wedding of their dearly loved son, John Quincy Adams.

Can you imagine missing any of the above events if they involved your treasured spouse, parent, or child? If you were alive in the 18<sup>th</sup> century such would have been your lot. And this is one reason we feel so busy today: we try to do too many things. I don't claim that we should skip large events in the life of a precious friend or relative, but rather that if Abigail Adams can miss the presidential inauguration of her beloved husband then probably you can give up attending the wedding of your co-workers' daughter if your busyness is distracting you from time with God.

A second reason for the contradiction might be the very time saving and entertainment devices that are supposed to improve the quality of our lives. Mobile phone commercials often claim that their product allows you to "do more," but they fail to clarify that what they enable you to do more of is waste time. Here again, I don't claim that mobile phones or the internet are inherently bad, but rather that we have distorted the value of these "time saving" devices, allowing their negative effects on our time to cancel out their benefits.

So here's an idea: why not, for this week, try to accomplish a little less. Avoid wasting time on your phone and internet or attending events that aren't essential. Embrace the boredom which will later be realized as those halcyon days of yore.

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