

A vibrant blue flame rises from a dark, circular base against a black background. The flame is composed of several distinct, flowing tongues of fire that meet at the top, creating a central void. The color is a deep, luminous blue, and the texture is wispy and ethereal.

F I R E


N E V E R

S L E E P S

Addiction Definition:

“As the fact or condition of being addicted to a particular substance, thing, or activity.”





25 Large crowds were traveling with Jesus, and turning to them he said: 26 “If anyone comes to me and does not hate father and mother, wife and children, brothers and sisters—yes, even their own life—such a person cannot be my disciple. 27 And whoever does not carry their cross and follow me cannot be my disciple. (Luke 14:25-27)

The First Step to overcoming an addiction to busyness.

Put Jesus first - as your most important relationship.









Steps 1-3 modified from A.A.

1. We admitted we were powerless over *busyness* that our lives had become unmanageable.

2. Came to believe that our relationship *with Jesus* could restore us to sanity.

3. Made a decision to turn our will and our lives over to the care of God.

My Top Five Relationship Priorities

- 1) Time alone with God, my relationship with Jesus and hearing from Him
- 2) Time with my wife Alexis
- 3) Time with my children and family
- 4) Time serving my church family doing ministry
- 5) Time with everyone else.






My Real Top Five priorities.


- 1) Time with everyone else
- 2) Time with church family and ministry
- 3) Time with my children and family
- 4) Time with my wife Alexis
- 5) Time alone with God, my relationship with Jesus and hearing from Him

**Who is the most important person
in your life?**





28 “Suppose one of you wants to build a tower. Won’t you first sit down and estimate the cost to see if you have enough money to complete it? 29 For if you lay the foundation and are not able to finish it, everyone who sees it will ridicule you, 30 saying, ‘This person began to build and wasn’t able to finish.’ (Luke 14:28-30)



31 “Or suppose a king is about to go to war against another king. Won’t he first sit down and consider whether he is able with ten thousand men to oppose the one coming against him with twenty thousand? 32 If he is not able, he will send a delegation while the other is still a long way off and will ask for terms of peace. 33 In the same way, those of you who do not give up everything you have cannot be my disciples. (Luke 14:31-33)

**The Second Step to overcoming
an addiction to busyness.**

**Plan your week - around a
Sabbath rest.**



“In the same way, those of you who do not give up everything you have cannot be my disciples.” (Luke 14:33)



Sabbath: 24 hours where we give up everything work related or trying to make anything happen BUT to enjoy being with God and others.




***"You must ruthlessly eliminate
hurry from your life."*** Dallas
Willard





Do you have a weekly plan for your life?

Do you plan for a Sabbath rest on a weekly basis?



34 “Salt is good, but if it loses its saltiness, how can it be made salty again? 35 It is fit neither for the soil nor for the manure pile; it is thrown out. “Whoever has ears to hear, let them hear.” (Luke 14:34-35)



The Third Step to overcoming an addiction to busyness.

Prioritize your day - by doing purposeful things that matter to God first.

**Have I really made the things that
matter most to God matter most
to me?**



How do you overcome an addiction to busyness?

Step 1 Put Jesus first - as your most important relationship.

Step 2 Plan your week - around a Sabbath rest.

Step 3 Prioritize your day - by doing purposeful things that matter to God first.



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