



Busy Times

Adapted from “Family Survivor” series by Rod Loy

In years gone by, every night, families would sit around the table and have dinner together. Mom would cook. Dad would sit at the head of the table and everyone else would sit down and eat, together! Are you old enough to remember that?

Growing up, my Mom, who did not work outside the home until I was older, made dinner every night. We sat around the kitchen table every night at 5:30 and actually talked to each other. We did not text each other or leave voice mails. We looked at each other and talked.

We had rules. You had to clean your plate if you wanted dessert. I hated that rule, but I loved dessert so I did it. No TV during dinner. Rain or shine, happy or sad, in the good times and in the bad times, we always had dinner together as a family.

There were times I did not want to be there. But now, some of my best memories are from the family dinner table. Wow, has the world ever changed! The family dinner table has been replaced by drive thru windows, meals in a sack and cup holders in the car.

People do not do dinner with the family very often, if at all. In fact, would they even know what to do at the dinner table? Life on the run, that is what we do instead, frantically racing from commitment to commitment:

- Soccer and T-ball games
- Cheerleading practice
- Dance and Swimming lessons
- Homework
- School
- Work
- Daycare
- Church
- Grocery shopping
- Dry Cleaners
- Orthodontist

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And that list is just what you have to do before you get home to everything that waits for you there. Things like: housecleaning, laundry, paying the bills, making sure your lawn is better than the neighbors, feeding the dog, the fish, the hamster, the gerbil, the hedgehog, and the cat. When all that is done, you have still got the kitchen to remodel, the cabinets to re-paint and gutters that need cleaning out. And, if there are two parents in the household, most likely they are both working. Life is busy. We are always in a hurry.

As men, we have the ability to shape the future of the lives of our children. However, we must slow down so we can invest in them. The mandate has been given for us to pass on the important things to the next generation.

COURAGE

C1: Describe the activities in your world as a child. If you are a parent, describe the activities of your child(ren). Count the amount of weekly commitments of each family member. After looking at this, what are your thoughts?

C2: Put a check beside the ones you do.

You might be too busy if:

- You count how many people are in each line to see which one you can get through faster.
- You change your clothes in the car sometimes while driving.
- You can't stand people who actually slow down or stop at a yellow light.
- You walk up the escalator and get mad when people actually stand there and accept the slow pre-set speed.

From this list, what do you glean about your life and its schedule?

C3: Go to Google and type in the words, "I'm too busy" and "stress".

- What are your thoughts?

- On a scale of 1-4, with 1 being very well and 4 being not very well, rate yourself on your time management. Write out a plan to improve.

STRENGTH

S1: Sit down with your family and determine your priorities. Answer questions like:

- What do we need to drop from our schedule?
- How do I find more time for my spouse? My kids? My Parents? Me?
- How can my family survive in today's incredibly busy world?
- From your responses make a list of your top ten priorities. What really matters to you? What is the most important thing in the world to you?

S2: Satan can win simply by distracting you from your priorities.

- How can you defend your priorities?
- Sit down as a family and develop a monthly calendar for the next three months.

S3: Some people equate fun with sin. Read and answer the following.

Proverbs 17:12 (ESV)

Ecclesiastes 3:4 (ESV)

Genesis 21:6 (ESV)

Psalms 128:1–6 (ESV)



- From these verses, what do you glean?

- On a scale of 1-4, with 1 being not very often and 4 being very often, rate how often your family has fun. Write out a plan for fun with your family.

ENDURANCE

E1: Sit down with your family and ask, “What are the top three things we did as a family this year?” Write down their responses. What sticks out from their responses?

E2: God’s blessings are invited into those areas of our lives where we put God first. Read and answer the following.

Matthew 11:28–30 (ESV)

- From these verses, what do you glean about putting God first?

E3: On a scale of 1-4, with 1 being very well and 4 being not very well, rate yourself on how well you put God first in your life. Your family? Write out a plan to improve.