

How to Live Life without Going Crazy

By Bob Young

July 2009

Most agree that we must be busy to be healthy and happy. We need tension, but not too much. We work better under stress, but not too much. We are like a rubber band—valuable if stretched a little, useless if stretched to the breaking point. Many Christians become frustrated because they are too busy. Someone says, “I have so much to do that I don’t know where to begin.” Churches sometimes contribute the problem by cramming calendars full of “expected activities.” Sometimes the answer is found in cutting back on responsibilities, but this is not always possible. Nor is it always necessary. Many can do more, with less stress, living life abundantly, by making some spiritual adjustments.

Take Time for God

Take time to talk to God, take time to hear God. Get up a little earlier if necessary. As Christians, we belong to the Lord. Our days are his, gifts from his hand. Commit yourself and your time to him. A word to church leaders: in the midst of busy church calendars, where is the time and what are the events that encourage the members to take time for God?

Know your priorities

What do you **have** to do? What is essential? What is first? Duties are important, but the tyranny of the urgent may keep us from the important. Balance is essential—occupation, relationships, responsibilities. Too often making a living keeps us from making a life. Determine the things that move you toward your life goals and do them first. When priorities are in place, taking time for relationships with family, friends, or children is not wasted. Helping others is not resented.

Plan, and then trust God

Set up a schedule, then let God provide. Work systematically with the knowledge that God is in control. Don’t worry about tomorrow—do the things of today. Leave the future to God. This combination of planning and trusting produces amazing results.

Do little things immediately

When something comes up, handle it. Take care of small details immediately. When you think of something, do it. With the little things behind you, you will have uninterrupted time for the things that matter.

When we have too much to do, it is essential that we go about our tasks the right way. Put God first, establish priorities, plan and trust, and don’t procrastinate.