

TAKING ACTION ON BUSYNESS

Ascension Sunday

June 1, 2025

Acts 1:3 (NIV) *“After His suffering, He presented Himself to them and gave many convincing proofs that He was alive. He appeared to them over a period of forty days and spoke about the kingdom of God.”*

Acts 1:4-5 (NIV) *“On one occasion, while He was eating with them, He gave them this command: ‘Do not leave Jerusalem, but wait for the gift My Father promised, which you have heard Me speak about. ⁵ For John baptized with water, but in a few days you will be baptized with the Holy Spirit.’”*

Acts 1:9-11 (NIV) *“After He said this, He was taken up before their very eyes, and a cloud hid Him from their sight. ¹⁰ They were looking intently up into the sky as He was going, when suddenly two men dressed in white stood beside them. ¹¹ ‘Men of Galilee,’ they said, ‘why do you stand here looking into the sky? This same Jesus, who has been taken from you into heaven, will come back in the same way you have seen Him go into heaven.’”*

**The Holy Spirit wants to guide us
to become more like Jesus.**

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Acts 1:8 (NIV) *“But you will receive power when the Holy Spirit comes on you; and you will be My witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.”*

**Making difficult choices with God’s power
is the only way for you to
ruthlessly eliminate busyness.**

1. Just say “no”!

John 7:8 (CEV) *“Go on to the festival. My time hasn’t yet come, and I am not going.”*

2. Stop the stories.

Ecclesiastes 8:16 (NCV) *"I tried to understand all that happens on earth. I saw how busy people are, working day and night and hardly ever sleeping."*

Ecclesiastes 1:2&12:8 (NIV) *"Meaningless! Meaningless!" says the Teacher. "Everything is meaningless!"*

3. Turn it off.

1 Kings 19:11-12 (NIV) *"The LORD said, 'Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by.' Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. ¹² After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper."*

4. Leave some room.

Ecclesiastes 8:5b (NCV) *"A wise person does the right thing at the right time."*

5. Clean it out.

1 Timothy 6:7 (NIV) *"For we brought nothing into the world, and we can take nothing out of it."*

6. Recognize when enough is enough.

Proverbs 30:8 (NLT) *"First, help me never to tell a lie. Second, give me neither poverty nor riches! Give me just enough to satisfy my needs."*

1 Timothy 6:8 (GNT) *"So then, if we have food and clothes, that should be enough for us."*

Psalms 66:5 (NCV) *"Come and see what God has done, the amazing things He has done for people."*

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