



MESSAGE NOTES

Waste of Time?

John 15:5
Lloyd Flaherty

1. What do you consider a waste of time?

How does this influence our attitude towards rest?

Mary and Martha:

Luke 10:40-42 “But Martha was distracted by all the preparations that had to be made. She came to him and asked, “Lord, don’t you care that my sister has left me to do the work by myself? Tell her to help me!”

41 “Martha, Martha,” the Lord answered, “you are worried and upset about many things, 42 but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.”

2. Abiding in Jesus vs Doing a lot of things for Jesus

John 15:5 “I am the vine; you are the branches. If you remain/abide in me and I in you, you will bear much fruit; apart from me you can do nothing.

A. Abiding in Jesus: Resting and not striving.

Rest: A lifestyle of abiding in Jesus allows us to take time to be refreshed.

B. Doing a lot of things for Jesus

This is a focuses on activities that might appear good but might not come from a genuine connection with God.

Potential for Burnout: If not guided by God's wisdom and strength, these efforts can lead to exhaustion and disillusionment.

3. Jesus’ Example

Not only did Jesus take time to rest and get away from the crowds, Jesus kept his attention on his purpose.

Summery of John 5: There were a “great number of disabled people” and Jesus goes to one man that he heard about. Jesus talks with the man and then said to the man who couldn’t walk “ Get up! Pick up your mat and walk.” At once the man was cured; he picked up his mat and walked.

Jesus’ purpose: To be the savior, the one to restore the relationship between people and our Heavenly Father. His work and his time of rest was for this purpose.

Conclusion:

Merely doing things for God may lead to a task-oriented focus that can become disconnected from a true, loving relationship with God. This can lead to exhaustion and even burnout.

Abiding in God involves being in a life changing relationship where we seek to know God and follow His lead. This can lead to a more restful attitude in our lives.