

Dear, Police Dept family,

No matter where you work for the P.D., I think we can all find ourselves just a little too busy. Busyness is often worn as a badge of honor. Not only are we usually too busy, we're also in a hurry to get things done and running behind schedule. Sound familiar? As a nation we have become chronically busy. It has become the state in which we live in. Corrie Ten Boom once warned that "if the devil can't make you sin, he'd make you busy." The reason is that busyness can sever our connection with people, and God, which causes us to miss opportunities God has placed around us. As I write this, I find I have a place in this message too, considering my class schedule at the Seminary, and the needs of the ministry, and family time. We must make time for things that are truly important in our lives, like the people in our lives, and those we intersect with. We must make people a priority, and busyness zaps our energy to do that.

Jesus was never too busy to do things that truly mattered, like heal, or change a person's life. In Luke 8, a Jewish official came to Him saying that his daughter was dying and in desperate need of healing. As He was on his way to heal her, He was interrupted by the woman with the issue of blood. She reached out and touched His robe to receive her healing by faith. Jesus stopped what He was doing to ask who touched Him. We have this beautiful story because He stopped along the way before going to raise Jarius' daughter. We also know that He also would make time in his busy schedule to break away from the crowds to spend time with the disciples in a small group setting, and He also found time to be alone with God the Father. Even though Jesus had lots of demands on His time, He made sure He was never so busy that it severed His relationship with the Father, or people.

In Matthew 11:28 Jesus said, "Come to me, all who labor and are heavy laden, and I will give you rest". As you are reading this message, have you allowed yourself to become so chronically busy that you've been borrowing time from the things that matter most? We can get so busy with our daily business that we fail to spend time with the God if we're not careful. Jesus modeled for us that we can be effective in our lives and still make time for the Father, the hurting, take time for mentoring, and for praying.

If you're driving or walking past people you wish you could help, or you are minimizing your opportunity to recharge, you've become chronically busy. Jesus offers us a place of rest from our laboring. He offers us moments throughout our day. Don't get so busy that you miss them. If you are missing them, it's time to break free from the busyness, collect your thoughts, and get some rest. That way you are able to connect with those who matter most.

God Bless,

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