

A Time for Everything

Lesson 4

A Time to Pause

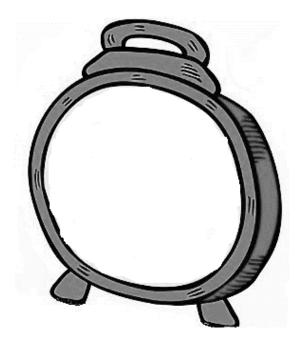
Prayer

Introductory Activity

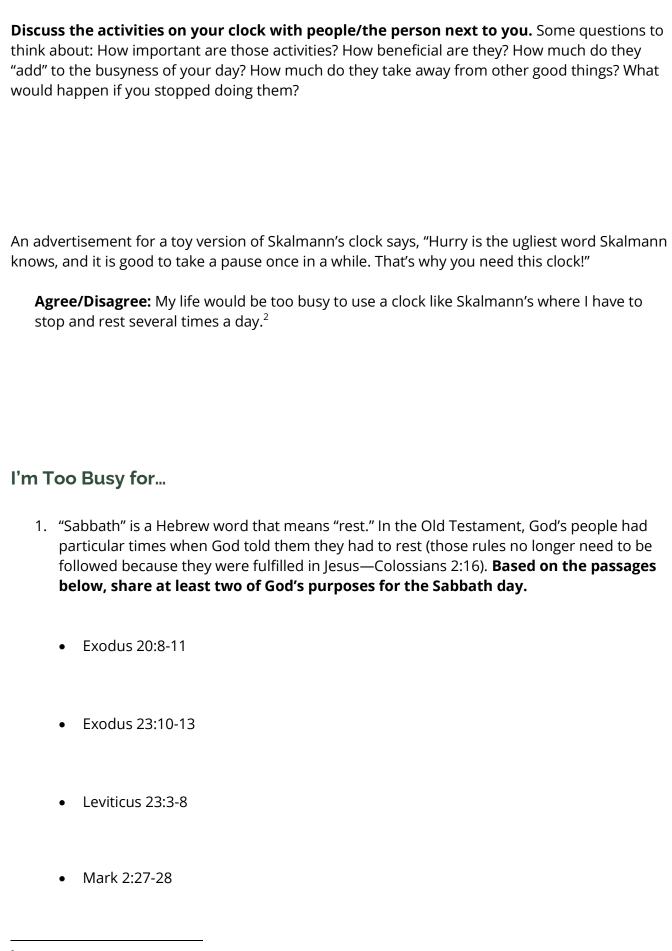
A clock for what is most important

In an old Swedish cartoon about a bear who becomes strong when he eats "thunder honey" (kind of like Popeye the Sailor Man with spinach), one of the supporting characters is a turtle. This turtle has a clock which he follows religiously. But "Skalmann" the turtle's clock does not have times on it; it has activities. Whenever it rings, he does exactly what it says, no matter how inconvenient the timing may seem. Looking at Skalmann's clock below, come up with your own clock and draw/write in at least three different activities that always seem to take up time in your day.





¹ https://youtu.be/ZK3wlvjqBOU?t=560 This video shows one of the moments when it's time to sleep at an inconvenient time.



 $^{^{\}rm 2}$ For those who disagree, Skalmann's clock is available as an app!

| Luke | 13:10-17 |
|------------------------|----------|
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- 2. God meant to give his people incredible blessings through his "rest" (and he still does today). Read the passages below and identify some reasons God's people did not enjoy this rest.
 - Exodus 16:21-30.
 - Amos 8:3-12
 - Hebrews 4:1-2, 6
- 3. Pick one reason from question #2 that you think is common still today and explain why.

- 4. Read Luke 10:38-42. Then read the excerpts of a survey below. Compare the experiences of Mary and Martha to most people in modern day America (or your own experience). ³
 - In a 2016 survey, about half of Americans (52%) said they're usually trying to do two or more things at once. But just 11% of Americans said the fast pace of their lives was harming their health. In a 2018 survey, 60% of U.S. adults said they at least sometimes felt too busy to enjoy life.

 $[\]frac{3 \text{ https://www.pewresearch.org/fact-tank/2020/02/05/how-americans-feel-about-the-satisfactions-and-stresses-of-modern-life/ & https://www.barna.com/research/americans-just-want-a-good-night-of-sleep/ & https://explodingtopics.com/blog/smartphone-usage-stats}$

- Seven-in-ten U.S. teens ages 13 to 17 said in a 2018 survey that anxiety and depression were a major problem among people their age in the community where they live.
- Seven out of ten adults (71%) said they look forward "a lot" to having a refreshing snooze.
- On average, people spend 3 hours and 15 minutes on their phones per day.
- Individuals check their phones an average of 58 times each day.
- 22% of Americans attend church every week. 50% never or seldom attend.
- 45% of "Scripture-reading" Americans read Scripture never or seldomly. 8% read it "several times a year."

I'm Too Busy Not To...

- 1. Martin Luther is quoted as saying, "Work, work, from morning until late at night. In fact, I have so much to do today that I shall spend the first three hours in prayer!" **Read the passages, then discuss the questions below.**
 - Ecclesiastes 1:2-3, 8
 - Ecclesiastes 2:24-25, 3:9-13
 - Psalm 62:1-2, 5-8

| • Matth | ew 11:28 |
|--|--|
| • Hebre | ws 4:6-11, 14-16 |
| When is "l | busyness" good? |
| When is "l | busyness" bad? |
| | ast one favorite verse/truth from Scripture that motivates Christians to pause God's rest. |
| "Too Blessec | d to Be Stressed" |
| "Work, work, from morning until late at night!" Describe how a Christian's "busy" day/week is different when he or she is "resting" in God's word. | |
| | |

Closing Activity

Brainstorm!

Take a few minutes to think about Skalmann's clock again. Fill in at least three things (and you can even include actual times if you want) that you can include (or exclude) in your day to help you find *time to pause* in God's Word.

