

ENCOURAGEMENT FOR *Real Life*

119. How to Slow Your Go and Unbusy Your Life

You're listening to episode 119 of the Encouragement for Real Life Podcast titled, How to Slow Your Go and Unbusy Your Life. Welcome to the podcast, friend. Thank you for tuning in today. When someone asks how you are, how do you typically respond? Maybe with something like, "I'm busy. How are you?" Or how often do you tell yourself or others how busy you are? Today is a good day to step back and take a look at our busyness and just what we're busy doing. We're doing this in today's episode. Here's your opportunity to ponder how to slow your go and unbusy your life. Let's find some help and hope for our real lives right now. Let's get to it.

Are you busy? Are you too busy?

Do you feel overwhelmed often?

Is your schedule overloaded and jam-packed?

Do you need a vacation to escape from your life?

I invite you to honestly answer these questions, and if your answer is yes to many of them, take comfort, for you are not alone. It might be time to slow your go and unbusy your life.

As I record this episode, we're just nine days away from Thanksgiving, and typically, this holiday tends to usher in what's coined, "the most wonderful time of the year." I love the holiday season, and I look forward to it each year. But many also term this season the busiest time of year. If there's ever a time to be proactive in our intention to slow down and unbusy our lives, it's now.

That's easier said than done, though, isn't it?

I dedicate one full chapter in my new book, *Right Now Matters: Empowering Right-Now Women in a Culture of Distraction*, to this subject--Chapter 3. Our busyness is negatively affecting all we do, and the reality is many of us are too busy to live the lives God has graciously given us. We're too busy to notice not only His blessings in our lives, but also the beauty of the moments He gives us.

If you have my book, I invite you to read Chapter 3, *Too Busy to Notice*, after listening to this episode. I also elaborate on this reality in two other previous episodes of this podcast, Episodes 67 and 86.

We are a distracted people, and busyness is one of our biggest distractions. But we live in this culture of distraction, so it's no wonder we're distracted on any given day. Whether it's pinballing from one thing to another, or we're attempting to multitask, or we're adding more things to our already packed-filled plates, busyness is our result.

But does it have to be this way? What are we busy doing anyway?

It's a good time to pause and answer these two questions. The first, it doesn't have to be this way. We don't have to live lives of busy. And I believe it begins with stopping our habit of saying, "I'm so busy," or changing our typical response when someone asks how we are to something else. Because when we stop saying how busy we are, we are choosing to change our realities. As I share this in my book, when we remove busy from our vocabulary, it's the first step of removing it from our lives. What are some other words we could use, instead? I choose the word, full. Instead of living a busy life, I live a full life. Some other ideas could be: alive, lively, engaged, energetic. Get creative!

Some truths about busyness:

Busy is not a badge of honor.

If we're too busy to do what we enjoy, then we're too busy.

Our priorities determine what we do. We choose our busy.

Living a too-busy life leads to an empty life.

Busy doesn't mean better.

Being busy and being productive are not the same.

We learn something when we are too busy; we learn we don't like it.

Busy is not God's best for us.

To answer the second question, what are we busy doing anyway?

When was the last time we stopped and analyzed this? What are we busy doing? Sometimes I think we just keep doing what we're doing because that's all we've known. But if our lives feel overwhelming and overloaded, and we've lost our joy and peace, something needs to change. God did not design us to live lives that are over-the-top busy.

Take Jesus, for example. I've not found any account in the Bible where He was too busy. The Savior of the world had much to do, but following His Father's leading, He was never overloaded with busyness. So today I invite you to take five minutes and analyze your life. What are you busy doing? I'll do the same. Does God want us to be doing the things we're doing? I don't know, but we can go to Him and ask. He will show us if there's any changes we are to make. We don't have to do everything--only the things God is calling us to.

Is it time to slow your go and unbusy your life?

As we face a busy season--let's replace that word with the word full instead--as we face a full season ahead of us, are we ready to experience less-hecktic holidays? Who doesn't want that? And are we desiring more peace and joy in this season? Uh, yes, please. So, let's begin now. How do we slow our go and unbusy our lives?

It starts with answering those two questions above. We just did that. After understanding it doesn't have to be this way and looking at what exactly we are busy with, the next step is inviting God in. With something like,

"God, You know me better than I know myself. You have good plans and purposes for my life, and I fully understand being too busy is not Your best for me. Lord, will You please show me what I should be doing on a daily basis? What do You want me to do, and what do You want me to let go? Please guide me and lead me. Show me Your truth and make clear to me Your will for my life in this moment. I desire Your will, not mine, and I trust You and thank You for Your presence, provision, and peace. I love You. Amen."

God has given us free will, and He won't force Himself on us. But everything changes when we invite Him into our circumstances and situations. He will lovingly guide and direct us to His best for our lives. And you know as well as I do, His best is always what's best.

So what's next?

It's important to immerse ourselves in God's Word, and to find truth for our lives.

I share in the Right Now Matters Bible Study that's releasing in January, some Scriptures to help slow your go and unbusy your life. Here are a few.

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." Matthew 11:28-30 NIV

"Trust God from the bottom of your heart; don't try to figure out everything on your own. Listen for God's voice in everything you do, everywhere you go; he's the one who will keep you on track."
Proverbs 3:5-6 MSG

"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." John 14:27 NIV

If you do a search for Bible verses about living too busy or busyness, you'll find more. I encourage you to keep them handy and refer to them as needed, because some days you might need a reminder or two. There's nothing like the truth of God's Word!

I know you live a full life. We all do. This isn't a cookie-cutter solution. God has each of us on different life paths, and what might work for one, may not work for another. God will guide you in how to slow your go and unbusy your life. But here are a few suggestions:

Use the crock pot instead of the microwave.

Choose to walk and not run.

Intentionally slow down in the grocery or department store and notice the people around you. Maybe even offer a smile.

Savor your food while you eat instead of rushing through dinner.

Drive the speed limit—the real speed limit, not five over.

Refuse to tell your children or grandchildren to "hurry up."

Sit for five minutes sporadically throughout your day to breathe deeply.

Send a note to someone through postal mail instead of a text or email.

Take a real lunch break, and refuse to work through it.

What's one tangible thing you can do today to slow your go and unbusy your life?

Do that thing.

If you haven't yet, I invite you to pick up a copy of my new book, *Right Now Matters: Empowering Right-Now Women in a Culture of Distraction*. It released almost a month ago, and it's the book I wish I would have had years ago as I began my quest to live in the moment and overcome the distractions in my life. You can find it on Amazon or Barnes & Noble, and the link to find out more about *Right Now Matters* is in the show notes.

If you found some hope and encouragement in this episode, would you please rate it and/or review it from where you're listening today? Be sure to subscribe so you never miss a new episode.

Also, if you live local to me, our next women's evening of encouragement, *Real Encouragement LIVE!* is happening on Thursday, November 30, in Cedar Rapids. It's *Right Now Matters at Christmastime*, and there you'll learn how to embrace the upcoming holiday season and live in the right now. This may just be your most memorable Christmas holiday yet! The link to the details is in the show notes.

In closing, imagine your life filled with peace, and joy, and much less stress. This is the life that awaits you as you partner with God to live it less busy. I am praying for you in this today as you slow your go and unbusy your life. God has good plans in store for you. Thanks again for tuning in today. God bless you!

Links in this episode:

Episode 67, [The Distraction of Busyness Says, "Be Busier"](#)

Episode 86, [The Distraction of a Busy Mind Says, "Think About This"](#)

[Matthew 11:28-30](#) NIV

[Proverbs 3:5-6](#) MSG

[John 14:27](#) NIV

[Right Now Matters](#) book

[Our next women's evening of encouragement, Right Now Matters at Christmastime](#), on November 30

Julie Lefebvre