

**ICEBERGS: BUSYNESS**  
**Luke 10:38-42**

**We are not victims of busyness; it's a choice! (Luke 10:38-42)**

**WHAT ARE THE EFFECTS OF BUSYNESS? (Ecc 2:22-23)**

- Physical health. (Prov 12:25, Ecc 5:3)
  
- Spiritual health. (Lk 9:10 & 5:16)
  
- Family health (Psalm 127:2)

**7 Signs You're Way Too Busy – Relevant Magazine**

- An Inability to Control Your Emotions
- Lack of Self-Care
- Illness
- Chronic Lateness
- Self-Medicating and Excess
- Neglecting Important Relationships
- Neglecting God

**We exchange God's gift of rest for busyness. (Ex 34:21; Matt 11:28-30)**