

## Time to Start Wasting Time



The worship and social life at many congregations are encountering enormous stress these days. Everybody is just too busy, carrying an unhealthy amount of stress and just being crazy busy.

It seems as if every family with children in school is busy all the time. It's nonstop. They're too busy with soccer, football, dance, piano, hockey, etc.

Sunday after Sunday, entire families are absent from church. Good, faithful, active families. Then one of the parents will tell me they were away because of some soccer match on Sunday morning 100 miles away.

And it's not just the kids. Attendance is down for committee meetings and church-wide events. Everybody's busy all the time.

Problem is, people reach a point where they are so busy that even going to church or attending a congregational social event – which ought to be refreshing – seems like just another thing on the "to do" list.

I think there is a fundamental problem with how our culture treats stewardship of time. It's as if every second has to be invested in doing something, lest it be a "waste of time."

In fact, it is a bigger waste of our lives and energy to fail to allow time for reflection, renewal and recreation. That's recreation, as in re-creation, to make new again.

People have forgotten the simple wisdom that has guided faithful people for thousands of years: "Remember the Sabbath day to keep it holy."

*Gleaned from  
Stewardship of Life,  
by Ron Blezard*



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