

9/24/06

Activity Addiction

As I write, I am reflecting on how the many errands of this day, which took me in so many different directions, tended towards bringing on a sense of disorientation and “*scatteredness*.” We can become oblivious to the addictive, hypnotic infusion of adrenalin we receive when habitually racing against limited timeframes to accomplish a seemingly unlimited list of tasks. It can become a lifestyle characterized by slavery to *activity-addiction*, which regularly crowds out our finding time for intimacy with God, prayer, Bible study, meditation and/or church attendance. This lifestyle has become normal for many Americans, including Christians.

We may have heard fine sermons on the importance of being *doers* and not just hearers, and how important it is to *exercise* our faith through *actions* (Ja. 2:18, 22; Rom 2:13). This is very true. However, it also remains true that we are responsible for not losing our intimacy with God resulting from having embraced a hyperactive lifestyle regardless of how important those actions may be (Heb. 2:3).

You remain responsible for how you run your life, or how you relinquish control of it. Martha felt that she had no choice other than frantically endeavoring to complete all her godly ministry of serving people’s needs and that it left her no time for listening to Jesus. Many applaud the “Martha lifestyle.” We can become so increasingly rapped up in ‘doing things’ that we decreasingly have meaningful relationship with God. Many may admire and praise you for your rat-racing accomplishing lifestyle; but God won’t. He reproves it (Lk 10:38-42).

The wisdom, help and strength it takes to run our lives wisely and godly, balanced and in a way pleasing to God, requires the intercession from, revelation of and empowerment by the Holy Spirit. The Spirit will guide you in what actions to take to restore your authority and control over a seemingly uncontrollable life (Jo. 16:13; Ja. 1:5, I Cor. 9:25).

After having completed most of my errands, while driving homeward, as sunset approached, I observed the beautiful skyline. I decided to take a detour to visit a hilltop field that I have frequented for prayer and meditation through the past several years. There I observed Venus despite the remaining daylight. The Creator of Venus and of all that is below and beyond it, now seemed so very real and so very present. The hectic day’s demand for my focused attention was loosing its grip on my thoughts as a profound awareness of my Creator, who is intimate with his creation, was increasingly being reawakened within me.

Holiness calls us to avoid jeopardizing our relationship with the God whom we are determined to serve, neither by indulgent inactivity nor by obsessive hyperactivity. That wisdom and power come from God. Are you asking him for such gifts of wisdom and power? – And would you be willing to act on it if he were to give it to you?

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Please direct any questions or comments regarding *Call to Prayer* series

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