



Busyness is not a Badge of Honour in the Eyes of God

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As Christians, our giving nature and acts of kindness define us. We embody love and generosity through volunteering, worship, and financial support. However, amidst our selfless commitments, we must remember to prioritise self-care and question the belief that busyness equates to devotion. As someone who has grown up in church and working in my current role in Community Ministries, I see the purity of heart in those who give so much to the most marginalised in society. However, this is usually at the expense of their health and well-being. I hope to explore the significance of nurturing ourselves while engaging in Christian service and start conversations that challenges the notion that being constantly occupied is the accurate measure of dedication.

In our devotion to others, we must remember that God holds us in the same esteem as he does others. As such, he seeks our wellbeing as well. It is never his desire that we burn out or neglect our families and friends in the pursuit of service to others. The importance of self-care is an integral part of our Christian journey. Each one of us holds immense value, and by prioritising our wellbeing, we can continue to make a lasting impact on those around us. It is easy to fall into the trap of assuming that constant busyness equates to righteousness. However, by finding a healthy balance between our commitments and personal well-being, we unlock a renewed energy and focus, enabling us to face challenges with grace and compassion.

Christian service should be free from excessive busyness be devoid of guilt or shame when we cannot fulfil an obligation. It is a journey fuelled by love, compassion and an unwavering commitment to grace. Embracing self-care is not a sign of weak devotion; it is a testament to the wisdom of nurturing ourselves to become beacons of light for others. By challenging the notion that busyness is the ultimate measure of goodness, we reclaim our freedom to serve authentically, redirecting our focus to the essence of our faith and deepening our connection with God.

We must redefine how we approach Christian service and elevate the significance of self-nurturing alongside our dedication to helping others. The pressure to constantly be occupied can inadvertently dilute the true essence of Christian generosity. By valuing our well-being, we enhance the quality of our service, ensure our sustained ability to give, and foster a healthier relationship with God. Striking a harmonious balance between our commitments and self-care is essential. This balanced approach empowers us to shape a future marked by hope, compassion, and unwavering love for one another. As we prioritise self-care while embracing our Christian calling, we become beacons of inspiration, radiating joy and strength. Our acts of kindness will bear fruit in the lives of those we serve and within ourselves, fostering personal growth and deepening our connection with God.

Take
care of
your
self!

As we shed the weight of unrealistic expectations and embrace the value of nurturing ourselves, we unlock our true potential to touch lives and make a lasting difference. May our dedication to others be matched by our commitment to self-growth, enabling us to create a future where love, compassion, and grace win out. Together, we can inspire others to find their balance, cultivating a world where a wellspring of genuine care and devotion fuels every act of service.