

Is There Such a Thing as *Over Committed*?

Doesn't every boss dream of an employee that would be willing to work all hours of the day and night? Certainly if you're in ministry there is no such thing as over-working! God needs us to work diligently or His Kingdom work *surely* won't get done!

Based on my pace of life, people's daily comments about how busy I was and the hours of the night that I uploaded blogs and various writings - that is exactly the impression I was giving. That God was not capable of doing all of this without me. I was soon to find out just how wrong I was.

Easter is the Super Bowl in ministry. At least it is at our ministry each spring. It is always the weekend with the largest audience and presumably the largest attendance of non-churched people. With this as my motivation each year I meticulously design the services with great care, long hours and a whole lot of stress. Oh yeah, and of course prayer. (Notice I listed prayer last.)

This past Easter was no exception. I hired a harpist and cellist from Nashville, Tennessee as my 'surprise' addition to our team and began working out all the details. The harpist arrived with a debilitating migraine headache and the cellist had a horrible sinus infection. So I pampered them in the midst of giving instructions for everything else that was to happen, at one point ushering the harpist off stage to lie in the green room during rehearsal and on and on. Months of preparation and planning in addition to 15 years of being responsible for the weekly work of coordinating volunteers, designing the service details and set design and directing the live production began to take its toll.

God decided it was time to really get my attention.

Just days after Easter I had a Grand Mal Seizure during the night.

I had not been ill, I am *NEVER* sick, so this made no sense at all. I obviously don't remember anything except just one...the horrified look on my husband's face when I regained consciousness. I was unconscious for over 10 minutes. I have never seen that kind of fear on anyone's face before. He honestly believed he had lost me.

I really believe that God was saying to me "just stop" ... "Be Still".

God protected me even during the seizure; I was in a nice soft bed with my husband beside me. Safe even in the middle of a horrible storm. Testing revealed absolutely nothing was wrong - praise Him, however, I am not allowed to drive for 6 months. If you knew me you would realize this is nearly as severe for me as being incarcerated! No driving? Seriously?

As a Christ follower I began to examine my life, did I bring this on as some of my family and friends suggested? But, I was doing God's work!! Too little sleep, never any down time, taking work home and working all night? Yes, the doctors suspect that exhaustion and stress are exactly what caused me to experience this. Since then I have never been up past 10:00 p.m. I have changed my lifestyle and try to be quiet and remain *IN Him* instead of just working *FOR Him*.

All that to say... I am pleading with you to examine your life - is it really pleasing to God?

God designed us to rest; he is not impressed with busyness. We do our very best work when we are well rested and quiet enough to hear Him. I highly doubt if He

really *needs* us to work for Him, I believe He *allows* us to do His work. Whether our calling is in the secular world or in the church we need to obey His example of rest and solitude in order to be at our best for Him!

My heart longs to be Mary sitting at His feet not Martha known as the busy one.

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(This picture was taken just 5 hours before my seizure when we were celebrating my birthday – how quickly life changes!)