

# The Distraction of Doing

## A Leadership Reflection Guide

### Before You Begin

Find a quiet place where you won't be interrupted. Close your laptop, silence your phone, and ask God to help you hear His voice above the noise of responsibility.

Read Mark 6:31.

*"And he said unto them, Come ye yourselves apart into a desert place, and rest a while..."*

Take a few moments to sit with those words before answering the questions below.

### Part 1: What's Filling My Mind?

As leaders, we're often carrying more than anyone realizes. **Before trying to solve anything, simply take inventory.**

What responsibilities are occupying most of my thoughts right now? \_\_\_\_\_

What unfinished work feels hardest to step away from? \_\_\_\_\_

Where do I feel the greatest pressure? \_\_\_\_\_

### Part 2: What's Happening in My Heart?

Spend a few moments reflecting on how you might be confusing doing with faithfulness.

**Answer the following:**

When do I find it hardest to rest? \_\_\_\_\_

What am I afraid might happen if I step away? \_\_\_\_\_

Which of these thoughts feels most familiar?

- ☐ I'll fall behind.
- ☐ I'll let people down.
- ☐ Everything depends on me.
- ☐ I should be doing more.
- ☐ My value comes from what I accomplish.
- ☐ Other: \_\_\_\_\_

What do these thoughts reveal about where I'm placing my trust? \_\_\_\_\_

\_\_\_\_\_

### Part 3: Where Is God Inviting Me to Trust Him?

Read Mark 6:31 again.

Jesus invited His disciples to rest even though there was still work waiting for them.

**Reflect on these questions:**

What responsibility am I carrying that belongs to God? \_\_\_\_\_

Where am I striving instead of stewarding? \_\_\_\_\_

What would trusting God more fully look like in this season? \_\_\_\_\_

### Part 4: One Faithful Next Step

This isn't about doing more.

It's about responding to what God is already showing you.

**Complete these statements:**

Today, I need to release: \_\_\_\_\_

This week, I will intentionally create space to: \_\_\_\_\_

One way I will choose trust over striving is: \_\_\_\_\_

### Closing Prayer

*Father,*

*Thank You for entrusting me with the people, responsibilities, and opportunities You've placed before me. Help me to work diligently without believing everything depends on me. Teach me to recognize the difference between faithful stewardship and striving in my own strength.*

*Give me the courage to step away when You invite me to rest, the wisdom to hear Your voice above the distraction of doing, and the faith to trust that You are always at work—even when I am not.*

*Amen.*