



Making Time for People in a Busy World



Explore God's guidance on valuing relationships and making time for others amidst life's busyness.

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Introduction

In our fast-paced world, relationships often suffer from neglect due to the demands of busy schedules and endless to-do lists. Yet, God calls us to prioritize people over tasks and to cultivate meaningful connections that reflect His love. *Making time for others is not just a courtesy; it is a vital spiritual practice that enriches our lives and honors God.* This study invites you to rediscover the significance of relationships through the lens of Scripture and God's heart.

Throughout these seven days, we will explore biblical truths that challenge the culture of hurry and busyness. We'll learn how Jesus Himself modeled intentional time with individuals despite the pressing needs around Him. By reflecting on His example and God's instructions, you'll find encouragement to slow down, listen more, and invest deeply in the people God places in your life. **Each day offers specific scripture readings, devotionals, reflection questions, and prayer to help you embrace the blessing of making time for people.**

As you journey through this plan, may your heart open to *transform how you relate to others, inviting God's peace into your schedule and your soul.* Remember, relationships are an eternal treasure, and your time is a precious gift you can offer. Let's embark on this enriching journey together, learning to love well by giving our time and hearts.





Day 1: 🕒 Prioritize People Over Tasks



Day 1: ⌚ Prioritize People Over Tasks

Your Verse

Mark 1:35-38 NIV - "Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed."

Supporting Scriptures

- *Luke 10:38-42 NIV - "Martha was distracted by all the preparations that had to be made. But few things are needed—or indeed only one."*
- *Philippians 2:3 NIV - "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves."*



Day 1: ⌚ Prioritize People Over Tasks

Devotional: Putting People First in Our Busy Lives

We often fill our days with endless tasks, meetings, and responsibilities, leaving little room for the meaningful relationships God desires us to nurture. In Mark 1:35–38, we see Jesus waking early to pray but then intentionally seeking out people who needed Him. Even in His busiest moments, He prioritized connection over just doing.

Similarly, Luke 10:38–42 contrasts Martha’s distracted busyness with Mary’s choice to sit at Jesus’ feet and listen. This teaches us that while tasks are important, they should never replace the value of being present with others.

Philippians encourages humility and valuing others above ourselves. Making time for people means giving them our attention, our presence, and our love, even when our schedules are packed. Today, reflect on your priorities: Are you choosing people over tasks? How can you carve intentional moments to invest in your relationships?



Reflect and Apply

1. Which relationships have you unintentionally neglected lately due to busyness?

2. How do you feel when someone gives you their full attention despite a busy schedule?

3. What practical steps can you take to prioritize connecting with someone this week?



Journaling Prompts

1. Write about a time when you felt truly valued by someone's presence.

2. List the top three people God wants you to intentionally invest time in right now.

3. Reflect on your current schedule. Where can you create space to be more present with others?



Day 1: ⌚ Prioritize People Over Tasks

Prayer for Today

Lord, help me to see the people in my life as treasures worth my time and attention. Teach me to balance the demands of each day with moments of meaningful connection. *Give me humility to value others above my tasks and busyness.* May my actions reflect Your love as I choose presence over pressure. Amen. 🙏❤️⌚





Day 2: 🧠 Active Listening as Love



Day 2: 🕒 Active Listening as Love

Your Verse

James 1:19 NIV – "Everyone should be quick to listen, slow to speak and slow to become angry."

Supporting Scriptures

- *Proverbs 18:13 NIV – "To answer before listening—that is folly and shame."*
- *John 11:33–35 NIV – "When Jesus saw her weeping... he was deeply moved in spirit and troubled."*



Day 2: 🕒 Active Listening as Love

Devotional: Listening Deeply to Reflect God's Love

One of the most profound ways to make time for people is by truly listening to them. James 1:19 reminds us to be quick to listen and slow to speak, emphasizing the importance of understanding before responding.

Proverbs highlights the foolishness of answering without listening. Genuine listening requires patience, attention, and empathy.

Jesus demonstrates this beautifully in John 11 when He is deeply moved by Mary's grief. He listens, mourns with her, and shows compassion. In our busy lives, we might rush conversations, but God calls us to slow down, hear others fully, and connect with their hearts.

Today, practice active listening as an act of love. Let your presence say, "You are worthy of my time."



Day 2: 🕯️ Active Listening as Love

Reflect and Apply

1. How often do you listen to respond versus listen to understand?

2. What emotions do you notice in people when you truly listen without interrupting?

3. How can you create space in conversations to be more present and empathetic?



Day 2: 💡 Active Listening as Love

Journaling Prompts

1. Describe a meaningful conversation where you felt truly heard.

2. Identify barriers in your conversations that prevent you from listening well.

3. Commit to one specific way you will improve your listening today.



Day 2: 🦻 Active Listening as Love

Prayer for Today

Father, teach me to be quick to listen and slow to speak. Help me to hear with compassion and patience, reflecting Your heart in every conversation. *Let my time with others bring comfort and understanding.* Thank You for the gift of relationships and the opportunity to love through listening. Amen. 🙏 🦻 ❤️





Day 3: 💕 Serving Others in Our Time



Day 3:  Serving Others in Our Time

Your Verse

Galatians 5:13 NIV – "Serve one another humbly in love."

Supporting Scriptures

- *Mark 10:45 NIV – "For even the Son of Man did not come to be served, but to serve."*
- *1 Peter 4:10 NIV – "Each of you should use whatever gift you have received to serve others."*



Day 3:  Serving Others in Our Time

Devotional: Serving as a Priority Despite Busy Lives

Amidst our busy schedules, serving others can easily fall off the radar. But Galatians 5:13 reminds believers to serve one another humbly in love.

Jesus set the ultimate example, not coming to be served but to serve (Mark 10:45). Our time is a sacred resource that we can use to meet others' needs, whether big or small.

1 Peter encourages us to use our gifts in service. When we serve, we make tangible the value we place on people. Serving is an expression of making time for others, putting their needs ahead of our own convenience.

Today consider how you might serve someone in your circle despite busyness—perhaps through a phone call, helping a task, or simply offering encouragement.



Reflect and Apply

1. What does serving others mean to you in your current season of life?

2. Are there ways your busyness has limited your willingness to serve?

3. How can serving deepen your relationships and glorify God?



Journaling Prompts

1. Write about a time serving someone brought unexpected joy.

2. List your gifts and consider how to use them to serve others this week.

3. Identify one practical act of service you can commit to today.



Day 3: 📖 Serving Others in Our Time

Prayer for Today

Lord Jesus, thank You for Your example of humble service. Help me to see serving as a priority, even when I am busy. *Give me a loving heart and willing hands to bless others today.* May my service reflect Your grace and bring encouragement to those around me. Amen. 🙏❤️👐





Day 4: Rest and Presence in Relationships



Your Verse

Psalm 46:10 NIV - "Be still, and know that I am God."

Supporting Scriptures

- *Exodus 20:8 NIV - "Remember the Sabbath day by keeping it holy."*
- *Mark 6:31 NIV - "Come with me by yourselves to a quiet place and get some rest."*



Devotional: The Power of Rest and Presence

Our culture prizes constant activity, yet God calls us to rest as a way to reconnect with Him and others. Psalm 46:10 urges us to be still and recognize God's sovereignty, a practice of calming our hurried minds.

God's command to observe Sabbath (Exodus 20:8) is also about making time for rest and relationships, not just stopping work. Jesus exemplified this when He invited His disciples to quiet places to rest (Mark 6:31).

Rest opens space for presence — the gift of being truly with someone without distraction. When we rest, we are better equipped to love deeply and authentically.

Today, reflect on how intentional rest might improve your relationships and how you can choose stillness amid busyness.



Reflect and Apply

1. How does rest affect your ability to be present with others?

2. Do you struggle with making time for Sabbath rest? Why or why not?

3. What changes can you make to incorporate rest into your routine for the sake of relationships?



Journaling Prompts

1. Describe a time when you felt fully rested and connected with someone.

2. Write about barriers that keep you from resting and being present.

3. Plan a simple rest practice you can implement this week to honor God and others.



Day 4: 🌿 Rest and Presence in Relationships

Prayer for Today

Gracious God, teach me to be still and know You are in control. Help me to honor rest as part of loving You and the people in my life. *Remove the distractions that steal my presence from those I care about.* Renew my soul and make me fully present today. Amen. 🙏 🌿 🛏





Day 5: 🕒💖 Forgiveness Restores Relationships



Your Verse

Ephesians 4:32 NIV - "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

Supporting Scriptures

- *Colossians 3:13 NIV - "Bear with each other and forgive one another if any of you has a grievance against someone."*
- *Matthew 18:21-22 NIV - "I tell you, not seven times, but seventy-seven times."*



Devotional: Choosing Forgiveness to Mend Bonds

Relationships inevitably face hurt and conflict, but God invites us to a higher way of love: forgiveness. Ephesians 4:32 calls us to kindness and compassion, forgiving as God forgave us through Christ.

Colossians underscores patience and forgiving grievances, even when difficult. Jesus presses this further in Matthew, teaching us to forgive generously, without counting limits.

Forgiveness requires making time not only to reconcile but to heal deeply. It frees both parties from bitterness and opens the way to restored connection and peace.

Reflect on any relationships needing forgiveness and ask God for courage and grace to choose restoration today.



Reflect and Apply

1. Is there someone you need to forgive but have delayed because of busyness or pain?

2. How has unforgiveness affected your heart and your relationships?

3. What might change if you took even one step toward forgiveness today?



Journaling Prompts

1. Write about the freedom you have experienced or hope to experience through forgiveness.

2. List obstacles you feel in forgiving others and pray over them.

3. Commit to a prayer or action step toward forgiveness this week.



Day 5: 🕊️ Forgiveness Restores Relationships

Prayer for Today

Merciful Father, thank You for forgiving me through Christ. Help me to extend that grace to others. *Heal any wounds that block forgiveness in my heart.* Give me strength to forgive fully and to embrace restored relationships. Amen. 🙏





Day 6: ✨ Encouragement Builds Up Relationships



Your Verse

1 Thessalonians 5:11 NIV - "Therefore encourage one another and build each other up."

Supporting Scriptures

- *Hebrews 10:24-25 NIV - "Encourage one another—and all the more as you see the Day approaching."*
- *Proverbs 12:25 NIV - "Anxiety weighs down the heart, but a kind word cheers it up."*



Devotional: The Power of Words in Busy Lives

We often underestimate the power of encouragement in relationships, especially when life feels rushed. Paul exhorts believers to encourage and build each other up daily (1 Thessalonians 5:11).

Hebrews reminds us to spur one another on toward love and good deeds, emphasizing intentional encouragement. Proverbs highlights that kind words have the power to uplift weary hearts.

Incorporating encouragement into our interactions is a way to make time meaningful and relational. Whether a quick note, a phone call, or a heartfelt compliment, encouragement breathes life into relationships.

Look for opportunities today to speak words that build up and bring hope.



Reflect and Apply

1. How does encouragement impact your relationships in times of busyness?

2. Do you regularly speak life into the people around you? Why or why not?

3. What are some ways you can intentionally encourage someone today?



Journaling Prompts

1. Recall a time someone's encouragement made a difference in your day.

2. Write a list of encouraging words or verses to share with others.

3. Plan a simple encouragement you can give someone this week.




Day 6: ✨ Encouragement Builds Up Relationships

Prayer for Today

Lord, help me to be a source of encouragement in the lives of those I meet. Teach me to use my words to build up and bring hope. *Fill me with kindness and attentiveness so that even small gestures carry Your love.* May my time with others strengthen and uplift. Amen. 🙏 ✨ 💬





Day 7: 💛 Commit to Intentional Relationships



Your Verse

Ecclesiastes 4:9-10 NIV - "Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up."

Supporting Scriptures

- *Romans 12:10 NIV - "Be devoted to one another in love. Honor one another above yourselves."*
- *John 15:12 NIV - "My command is this: Love each other as I have loved you."*



Devotional: Choosing Commitment Over Convenience

God designed relationships to flourish through commitment, not convenience. Ecclesiastes 4 reminds us that life is better together—two supporting, lifting, and encouraging one another through every season.

Romans 12 calls for devotion and honoring others above ourselves, reflecting a selfless love. Jesus commands love as the defining mark of His followers (John 15:12).

In a busy world, intentional relationships require effort and choice. It's about saying yes to showing up, staying connected, and investing time even when it is challenging.

Today, pray for a heart that commits to the people God has placed in your life and take steps to nurture those relationships faithfully.



Reflect and Apply

1. What relationships in your life need a renewed commitment?

2. How do you balance busyness with intentional devotion to others?

3. What promises can you make to be more present and supportive in your relationships?



Journaling Prompts

1. Write a commitment statement to invest intentionally in one key relationship.

2. List practical ways you can demonstrate devotion to others in your daily life.

3. Reflect on how God has shown committed love to you and how that inspires you.



Day 7: 🧡 Commit to Intentional Relationships

Prayer for Today

Father, thank You for the gift of relationships and the example of Your committed love. Help me to be devoted to the people You place in my life. *Give me grace and discipline to prioritize, invest, and nurture these connections.* May my love for others reflect Your love for me. Amen. 🙏 🧡 ❤️





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