

If you're busy because of the following:

- 'I need to prove myself' • 'Otherwise things get out of control' • 'Everyone expects me to be busy' • 'I like the pressure' • 'I need the money' ...

think again! At the root of our 'slavery' are serious misunderstandings, often reinforced by our culture. If we want to be free, then we need to counteract them with God's word. It's important to manage our time, but it's more important to manage our hearts. God has promised his rest to all who are weary and burdened (Matthew 11:28). It's up to us to accept it.

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Brian Draper is a lecturer in contemporary culture at the London Institute for Contemporary Christianity. He was formerly editor of Third Way magazine. He has a monthly column on culture in the Christian Herald and also writes for the Church Times. Recently, he has begun writing and presenting for BBC Radio 4's 'Thought for the Day' on the Today programme. He has also written extensively for U2.com and for Amazon.

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