Human Beings versus Human Doings

Years ago, multitasking was looked upon as something productive.

It meant that at home or at work we were efficient and could get a lot done quickly. Some employers even gave financial rewards for it.

It is my belief and there is a growing consensus that multitasking is going beyond what it meant when the term first became popular.

It has led some to an inability to concentrate and perhaps create dangerous situations.

A prime example is if we look around and see how easy it is to find people driving while texting. Of course, there are paths we could take to discuss the dangers of distractions. My purpose, however, in writing this article has to do with the question “Are we human beings or human doings?” and what that has to do with our personal relationship with God.

As I began to think about how I feel when I am a human “being” versus a human “doing” the difference becomes clearer. As a human “being” I feel calm, God-centered, complete or whole, and really focused on how sacred life and special relationships truly are. I am clearly in the present moment, experiencing that which is around me and those who are with me. I am noticing and appreciating the environment and enjoying the company of the people with whom

I have chosen to be.

As a human “doing” I usually feel rushed, incomplete, and inattentive. I tend to take the beauty of the world and those in it for granted. In this mode, I'm on automatic pilot. It becomes more about checking off tasks on my to do list. I'm on a mission and my motto becomes

“Just do it.”

God encourages us to do otherwise. He tells us in Psalm 46:10,

“Be still and know that I am God.” He instructs us in Joshua 1:8

to “Study this Book of Instruction continually. Meditate on it day

and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do.”

These verses and many more speak volumes as far as God’s impression of human beings versus human doings. If we want to

get closer to the God who created the Universe and wants to have a personal, loving relationship with us, it appears He is in favor of us approaching Him as human beings.

My challenge to you is to pick one simple change you would like to make in your life to begin to “be” more and “do” less. Then notice how you feel and how it is impacting your relationship with God.

Here are a couple of possible ways to begin:

1. Go for a walk and take note of your surroundings. Do you see birds or other creatures? Are the trees bare or in blossom? How does the air feel and smell? Are there cloud formations? God loves when we do this because we are homing in on His extraordinary creations. Think about how God takes care of the birds, insects, squirrels, and more. It may be helpful to do a Bible search to see what the Bible says about how He cares for His creatures and, in turn, how He cares for His children. Pick a verse on which to meditate as you walk and speak out loud to the Lord, expressing your gratitude to Him and your love for Him.

2. Sit quietly each day with the Lord. Some find it helpful to have

a designated room or area for sitting with Him. If this is a new experience for you, you may want to begin with five minutes and gradually increase it. Close your eyes, notice your breathing, and simply be. You could imagine as you breathe in you are breathing

in the Holy Spirit.

Think about all of the ways God has blessed you throughout your lifetime and continues to bless you to this day. God loves when we do this because it gives Him glory. Speak to Him and let Him know how grateful you are. When He sees your intentions, He will speak to you through His still, small voice. Stay quiet and listen. It may take a while to learn to discern His voice. Be patient. When God sees you are serious in your desire to hear from Him it brings Him joy, and He will make His voice known. You will not regret this important sacrifice of time if you want to grow in your Godly relationship.

3. Spend time reading and meditating on your Bible. Reading allows us to learn more *about* our amazing God who has given us this God-breathed gift. Spending time meditating on His Word gives us the opportunity to learn more about *who* He really is. It is one thing to know about God, but it is so much more meaningful to know who

God is and to really get that into our hearts if we want to have a true, intimate relationship with Him.

As we learn more about His character, His expectations, what brings Him joy and what angers Him our relationship intensifies, and we feel His presence more and more. This special relationship takes on a whole new meaning as it penetrates our hearts and souls. That, in turn, makes life so much easier, peaceful, and joyful as we learn how to stay in alignment with His will for us.

As you step out in faith as a “human being,” and take the time and put in the effort to be still, God will respond. You will experience revelations and wisdom from Him that will amaze you. You will also begin to realize that when you experience what you used to call coincidences, they are really supernatural occurrences with which God connects with us. They are His way of reassuring us He is within us and all around us, protecting us and leading us in His ways. They may also signify validation of an earlier interaction with Him. The more we interact with God, the easier it gets to discern His voice.

Many begin to feel the joy of knowing they are never alone. We truly get to experience firsthand on a minute-by-minute basis, His promise in Hebrews 13:5 when He says “Never will I leave you; never will

I forsake you.”

Perhaps God has given you some other ideas. Everyone’s relationship with God is very personal and He will lead you as you step out in faith. There is nothing to lose but some of your time, and so much to gain. Check in with yourself from time to time as you are learning to be still. You may want to ask yourself “Is what I am doing at this moment teaching me *about* God, or is it letting me understand more about *who* God really is, and how to let Him penetrate my heart and have a positive effect on how I live my life and interact with others?” The latter will provide an exciting, amazing, powerful way to live, and a special loving relationship that will last into eternity.