

# Is it Your Calling or an Over-Commitment?

## Three Questions to Ask before You Add Something to Your Schedule

Are you finding yourself overscheduled and stressed out?

Just about every woman I talk to struggles with busyness and stress. The problem is we can be as stressed and busy as we let ourselves become. Most of the time stress rears its ugly head in *my* life when I've taken on too many commitments that are not within the realm of my dream and purpose.

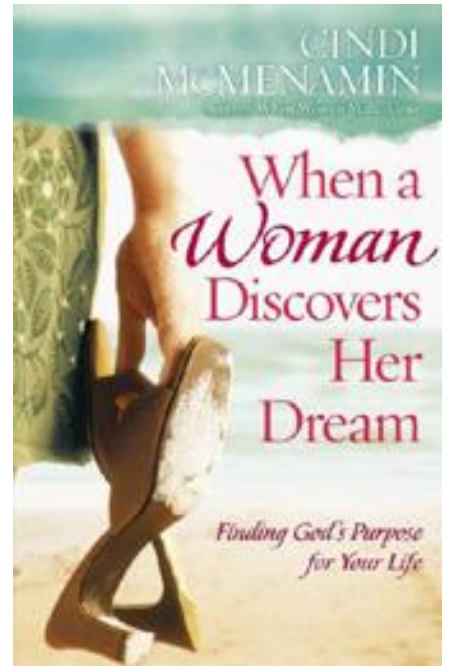
After saying "yes" to too many things for which I should've said "no," I came up with a few questions that I now run by myself in order to gauge if an opportunity is connected to my purpose, or if it's really just a distraction.

When there's a dream on our hearts, or a burden we feel we must pursue, or we're simply asked to do something, we have to figure out if it's what *we'd* like to do, or what someone *else* would like us to do, or if it's what *God* is calling us to do. You can determine the answer and gain discernment by asking yourself these three questions:

- 1. Is this something *someone else* can just as easily do?** If so, then maybe I'm not being uniquely called to do it. I need to save my strength and energy for something only I can do.
- 2. Is this something I have a strong *heart's desire* to do?** God generally calls us to a task we would enjoy doing, or that matches some of our natural abilities or spiritual giftedness. And He'll often call us toward something that for awhile has been burning on our hearts.
- 3. Is this something I feel *God prodding me to do*?** Sometimes that conviction in our hearts simply won't go away if the need is very apparent, and no one else is stepping forward to meet it. When that happens, lift the matter to the Lord in prayer. If the burden persists, then it may be God's calling on your life.

When you take these three questions to the Lord and say "God, please confirm to me if I am the one to do this" and then wait for His answer, we can be more certain that we are called to a specific task and that we aren't just filling our schedule with something else that's going to stress us out or wear us down.

Live wisely this week! and know what it is you are truly being *called* to do.



Cindi McMenamin is a pastor's wife, mother, and national speaker who helps women find strength for the soul. She is the author of several books including *Women on the Edge*, *When You're Running on Empty* and *When a Woman Discovers Her Dream*. For more on discovering your unique purpose and avoiding burnout, see [www.StrengthForTheSoul.com](http://www.StrengthForTheSoul.com).