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When my kids were little I remember the movie Finding Nemo. The little fish Dora had a saying just keep swimming keep on swimming. This is how life is for us. When our plates get overloaded and we are far behind we need to keep on swimming. Put the tasks you must get done in order of importance. Then hit them one at a time. This is how God wasn't us to live:

Proverbs 4:25-27

New International Version

**²⁵ Let your eyes look straight ahead;
fix your gaze directly before you.**

**²⁶ Give careful thought to the^[a] paths for your feet
and be steadfast in all your ways.**

**²⁷ Do not turn to the right or the left;
keep your foot from evil.**

But we need to remember how to place them in order of importance. We need to use God as a guide. Yes, work is important, so is family but God is number one:

Colossians 3:2

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² Set your minds on things above, not on earthly things.

So our minds are on God first.

We need to remember to put Him first. Then family our spouse then kids. After that the Church your brothers and sisters in Christ then last the world. Sometimes this means saying no to some things. We need to have enough time for work, but also to spend time at church and family and God on top. Remember this order:

Hebrews 12:1-2

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12 Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, ² fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

As Christians we need to stay focused on our here after; heaven.

Staying focused,

Chaplain Tony