

## **Life Group / Reflection Questions**

*Spend some time in prayer. Ask God to speak to you through his Word and his Holy Spirit. Ask for God's protection from a busy mind to focus on what he has for you in this moment.*

- *On a scale of 1-10, 10 being the highest, how busy would you rank your life? Where would you like to see your life fall on the scale? What needs to change?*

**Read Luke 19:38-48** ~ *What stands out to you from this passage? What is the Holy Spirit revealing to you personally?*

- *One of the dangers of busyness is that it ruins our joy by distracting us. How have you seen this truth in your own life?*
- *We can fight for joy by creating margin in our lives. How would you evaluate the current space in your life between your load and your limits? What practical steps can you take today to create more margin for the people & things that bring you joy?*

**Read Mark 4:1-20** ~ *What stands out to you from this passage? What is the Holy Spirit revealing to you personally?*

- *A Second danger of busyness is that it robs our hearts though worries about life and the desire for other things. How have you seen this truth in your own life?*
- *We can protect our hearts by tending to them. Of the three steps given this week to tend to our hearts. Which one do you find the easiest? Which one do you find the hardest?*
- *Stress is often a symptom that busyness has taken root in our hearts. What are your top 4 stressors? Where would you place them on Stress Assessment chart given to you in this week's sermon?*
- *What is one action step that you will commit to as a result of what God has taught you this week?*



**Sunday September 13th, 2015**  
***"Here, There, & Gone"***  
**Week #1**

**Crazy Busy**  
**“Here, There & Gone”**  
**Week #1**

**1 Kings 20: 40** “And as your servant was busy here was there, he was gone...”

**How did we get ourselves into this Crazy Busy Mess?**

1. **Opportunity**: We can do so much and so we do too **much**
2. **Complexity**: Our world is complex & it steals our **time**

When we are crazy busy we place our **Souls** in danger

**3 Dangers to Avoid**

**1. Busyness can ruin our joy**

**Luke 19:38-42 ~ Martha and Mary**

<sup>38</sup> Now as they went on their way, Jesus entered a village. And a woman named Martha welcomed him into her house. <sup>39</sup> And she had a sister called Mary, who sat at the Lord’s feet and listened to his teaching. <sup>40</sup> But Martha was distracted with much serving. And she went up to him and said, “Lord, do you not care that my sister has left me to serve alone? Tell her then to help me.” <sup>41</sup> But the Lord answered her, “Martha, Martha, you are anxious and troubled about many things, <sup>42</sup> but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.”

- **We must fight for Joy by Creating Margin**

**Margin = The space between our load and our limits**

**2. Busyness can rob our hearts**

**Mark 4:1-20 ~ Parable of the Soils**

<sup>18</sup> And others are the ones sown among thorns. They are those who hear the word, <sup>19</sup> but the cares of the world and the deceitfulness of riches and the desires for other things enter in and choke the word, and it proves unfruitful.

- **Tend to the soil of your heart**:

- **Step 1: Asses** (Which soil best represents my heart?)
- **Step 2: Till** (What needs to be removed?)
- **Step 3: Guard** (What do I need to protect my heart from?)

**Stress Assessment Exercise:**

- **Name the top 4 stressors in your life at the moment.**

	Able to Change	Difficult to Change
High Priority	<b>Box 1: Most Critical Issues</b>  <i>What changes can you each make?</i>	<b>Box 2</b>  <i>How do you plan to cope?</i>
Low Priority	<b>Box 3</b>  <i>Are you spending too much time on low priority issues?</i>	<b>Box 4: Least Critical Issues</b>  <i>Can you accept or forget about these issues?</i>

**3. Busyness can cover up the Rot in our Souls**

- **The first step to health is to admit I am sick**