

STAND ALONE MESSAGES

Sermon Discussion Guide

Message Series // Stand Alone - "No. Thank You." (Finding Balance When You Are Addicted To Busy)

Message Date // November 7, 2021 (Scotty Priest)

Big Idea

For many of us, our lives can be described as busy. We try and shove so much into our schedules that we are living on overload. The hamster wheel of life has created an unsustainable pace, low-grade fatigue, depression, stress, and a pathological busyness. It's become our new normal, and if we are to be honest, our new addiction. But this isn't the life that God has called us to. Why? Because it sabotages our relationship with Jesus and the ability to prioritize the things of God in our lives. So we must endeavor to seek God and make hard decisions in order to slow down and create margin in our lives. And a great place to start is by learning to say..."No. Thank you."

"Martha, Martha," the Lord answered, "you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken from her." - Luke 10:41-42

Discussion

1. "Busy is the new stupid." This quote by Bill Gates can be comedic, but also a sad reality. What do you think of this quote? Do you think Gates is on to something or not with this quote?
2. Read **Luke 10:38-41**. In this story, we are introduced to two sisters who are having Jesus over for a meal. Their names are Mary and Martha, and each of them are being hospitable to Jesus in very different ways. Martha is frantically trying to get the meal prepared, and Mary is spending time simply listening to Jesus teach. One is busy while the other has slowed down. Who do you connect with more in the story when it comes to the pace of your life...Mary or Martha? Why?
3. Busyness can sabotage our ability to follow Jesus, and that's why Jesus champions Mary's decision over Martha. It's not that Martha's actions were inherently wrong. That's isn't what Jesus was getting at. The issue Jesus is addressing is priorities. It's easy for us to lose focus on our priorities when we are irritable, restless, and living at a frantic pace. How have you seen this in the life of those around you? How about in your own life?
4. "If Satan can't make you bad, he will make you busy." This statement is so true, and it forces us to consider the choices we are making when it comes to our schedules and commitments. Two great questions we can ask to help clarify our priorities are (1) **What is important NOW?**...and (2) **What will be important THEN?** How would you answer these questions? Is your life in alignment with your answers?

Next Steps

God has given us "loving limits". Limits in time, margin, ability, and availability. We can't add more time to our days, but we can "choose to cheat". We can choose to cheat from the wrong things so we can give more time and focus to the right things. This begins by being able to say..."No. Thank you." What is one decision you need to make this week that you can say "No" to? How can your small group help you in making this decision?

Resource: [Choose to Cheat](#) by Andy Stanley