



## GET YOUR LIFE BACK, PART 1: UNBALANCED

So many people think the key to beating feeling overwhelmed is to find balance. What if it isn't? When you look at history, meaningful lives are rarely characterized by balance. Jesus and other biblical figures that changed history could hardly be described as balanced people. Instead their lives were characterized by something far greater. It could transform your life too.

**BIG IDEA: Balance doesn't change the world. Passion does.**

### DISCUSSION QUESTIONS

1. Of all the time management challenges you face, which is the hardest to solve for you?
2. To what extent have you been trying to pursue balance in your life? What has that done (or not done) for you?
3. *With your Bible or BibleApp, read [Matthew 3:1-12](#).*

*In those days John the Baptist came to the Judean wilderness and began preaching. His message was, "Repent of your sins and turn to God, for the Kingdom of Heaven is near." The prophet Isaiah was speaking about John when he said, "He is a voice shouting in the wilderness, 'Prepare the way for the Lord's coming! Clear the road for him!'" John's clothes were woven from coarse camel hair, and he wore a leather belt around his waist. For food he ate locusts and wild honey. People from Jerusalem and from all of Judea and all over the Jordan Valley went out to see and hear John. And when they confessed their sins, he baptized them in the Jordan River. But when he saw many Pharisees and Sadducees coming to watch him baptize, he denounced them. "You brood of snakes!" he exclaimed. "Who warned you to flee the coming wrath? Prove by the way you live that you have repented of your sins and turned to God. Don't just say to each other, 'We're safe, for we are descendants of Abraham.' That means nothing, for I tell you, God can create children of Abraham from these very stones. Even now the ax of God's judgment is poised, ready to sever the roots of the trees. Yes, every tree that does not produce good fruit will be chopped down and thrown into the fire. "I baptize with water those who repent of their sins and turn to God. But someone is coming soon who is greater than I am—so much greater that I'm not worthy even to be his slave and carry his sandals. He will baptize you with the Holy Spirit and with fire. He is ready to separate the chaff from the wheat with his winnowing fork. Then he will clean up the threshing area, gathering the wheat into his barn but burning the chaff with never-ending fire."*



[Matthew 3:1-12 \(NLT\)](#)

4. Chris mentioned that John the Baptist is said to be one of the greatest preachers who ever lived. What difference do you think passion made in his effectiveness as a preacher and witness to Jesus? What difference do you think passion might make in your faith?
5. Think about the people in your life. Who has made the greatest impact in your life: balanced people or passionate people?
6. What would your life look like if you pursued everything you did (God, work, friendship, relationships, your marriage, parenting, rest, leisure etc.) with passion?





## MOVING FORWARD

This week, make a mental shift. Abandon balance as a goal. Embrace passion. See all of what you do as an advance, not a retreat. As you make the shift, see whether it makes a difference in your relationships at home, with friends and with God. And see whether it shifts your attitude toward work.

To get you prepared for where we're going next in this series, make a list of at least three things you wish you had more time for.

**Write them down here:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## CHANGING YOUR MIND

*“John’s clothes were woven from coarse camel hair, and he wore a leather belt around his waist. For food he ate locusts and wild honey. People from Jerusalem and from all of Judea and all over the Jordan Valley went out to see and hear John. And when they confessed their sins, he baptized them in the Jordan River.”*

[Matthew 3:4-6 \(NLT\)](#)

