



GET YOUR  
LIFE BACK

## GET YOUR LIFE BACK, PART 3: ENERGY CRISIS

While everyone might get 24 hours a day, not all hours are created equal. Your energy ebbs and flows throughout the day. Sometimes you're on top of the world, other times you struggle to stay awake. What's with that? Surprisingly, even Jesus dealt with the limitations of human existence in his time on earth. This week, we'll show you how to make the most of your limits.

**BIG IDEA: Do what you're best at when you're at your best.**

### DISCUSSION QUESTIONS

1. Are you a morning person or a night owl? Why do you think you're that way?
2. Do you give your most important tasks and responsibilities prime time, or do you squeeze important things into the leftover cracks?
3. The pattern of Jesus 'disappearing' from the disciples and the crowds is more common than you might think. *With your Bible or BibleApp, read [Mark 1:35-45](#).*

*Before daybreak the next morning, Jesus got up and went out to an isolated place to pray. Later Simon and the others went out to find him. When they found him, they said, "Everyone is looking for you." But Jesus replied, "We must go on to other towns as well, and I will preach to them, too. That is why I came." So he traveled throughout the region of Galilee, preaching in the synagogues and casting out demons. A man with leprosy came and knelt in front of Jesus, begging to be healed. "If you are willing, you can heal me and make me clean," he said. Moved with compassion, Jesus reached out and touched him. "I am willing," he said. "Be healed!" Instantly the leprosy disappeared, and the man was healed. Then Jesus sent him on his way with a stern warning: "Don't tell anyone about this. Instead, go to the priest and let him examine you. Take along the offering required in the Law of Moses for those who have been healed of leprosy. This will be a public testimony that you have been cleansed." But the man went and spread the word, proclaiming to everyone what had happened. As a result, large crowds soon surrounded Jesus, and he couldn't publicly enter a town anywhere. He had to stay out in the secluded places, but people from everywhere kept coming to him. [Mark 1:35-45 \(NLT\)](#)*

4. Why do you think Jesus kept stealing away from everyone to pray for long periods of time?
5. Which tasks or things give you the most energy when you do them? Which things do you dislike doing most?
6. When you look at your life, where do you think you 'add the most value' (in the way Chris described in the message)? What has God gifted you to be 'best' at?
7. Do you ever find yourself 'cheating your gift'?
8. What do you think might happen in your life if you started doing what you're best at when you're at your best?



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## MOVING FORWARD

If you really want to get the most out of the teaching this week, it's going to take you some time. Here are some exercises that can really help you figure out how to get your time and energy working together so you can do what you're best at when you're at your best.

### STEP ONE: IDENTIFY YOUR HIGHEST & LOWEST ENERGY BLOCKS

You may already know this, but if not, observe how your energy rises and falls throughout the day and chart the patterns. You will likely find your energy is at its peak or at its lowest in 3-5 hour windows. For example, Chris is almost always at his most energetic from 5-10 a.m. and at his lowest energy from 4-7 p.m.

My High Energy Zone: \_\_\_\_\_ a.m./p.m.

My Low Energy Zone: \_\_\_\_\_ a.m./p.m.

My Mid Energy Zone: \_\_\_\_\_ a.m./p.m.



### STEP TWO: RANK TASKS

Create a list of all the tasks that give you energy. Then rank them below.

#### Most Energizing Tasks

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

#### Least Energizing Tasks

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

### STEP THREE: SYNC YOUR TIME AND ENERGY

The key in the Get Your Life Back series is this: do what you're best at when you're at your best. When you do what you're best (your most energizing tasks) when you're at your best (have the most energy) you use the gifts God has given you far more effectively.

### YOUR SYNC SCHEDULE

TIME OF DAY

TASK


## CHANGING YOUR MIND

*“As a result, large crowds soon surrounded Jesus, and he couldn't publicly enter a town anywhere. He had to stay out in the secluded places, but people from everywhere kept coming to him.” [Mark 1:45 \(NLT\)](#)*