

BURIED BY BUSY

Buried By Busy - Part 1

Have you ever felt like you were on a treadmill of busyness, constantly struggling to keep up a performance while the most important things in life slip slowly by in the periphery? This is an increasing problem for most of us, but it doesn't have to be. We don't have to let busyness bury the things that really matter. In fact, the best way to keep on is by stopping to rest.

Start Talking

1. You get to shed one chore from your weekly schedule forever. It's simply always done on time. Which task do you choose? Why?
2. What's the most relaxing day you've ever had? What made it so rejuvenating?
3. Would you rather have more time or less obligation? Why?

Looking Back

1. Last week, Andy talked about intentionally evaluating what we hope people will remember us with gratitude for after life is over. How did you answer that question? And what did you change about your life over the past week to make it happen?
2. Did you identify any people around you experiencing the three "nots?" (Those for whom things are not going well, those who find themselves walking through circumstances for which they were not prepared, or those who are not in church.)
3. Were you able to extend the invitation from last week's message? (Life is complicated. You want to get it right. We want to help. Will you come sit with me?) How did it go?

What About You?

1. What specific circumstances tend to make you feel the most behind, buried, outpaced, and defeated on a fairly regular basis? (Work stuff? School? Parenting tasks? etc...)
2. What messages do you find yourself repeating over and over to convince your brain that you can tackle another overbooked week?
3. What important areas of your life are the first to suffer from the busyness? (This is a good spot for leaders to speak if the conversation slows: "For me, it's finances..." "For us, our intimacy disappears..." "I lose the ability to regulate my anger..." "I check out on the kids..." etc...)



4. What all is at stake in your daily grind? What would happen if you stopped juggling everything for a few weeks?
5. How would you describe your feelings at the end of each week? Or does the end of the calendar week even seem to offer much time for relief and reflection anymore?

Look It Up

Read the Following Passages: Luke 4: 38–44

6. What tasks and obligations do you notice filling Jesus' calendar during this stretch of his ministry? Do you think they're legitimate obligations, or trifling distractions?
7. How does Jesus respond to his growing to-do list? How does he protect his ability to continue pursuing his purpose with effectiveness?
8. What ultimately gives Jesus the ability to move on and forsake some *important* things in order to pursue the *most important* things?
9. In your view, what was Jesus ultimately working towards? What was the focus and object of all his work?

Putting It All Together

1. Where can you apply Jesus' focus on rest in your own life this week?
2. What does that rest look like for you?
3. Where do you find yourself allowing important things to bury the *most important* things?
4. What is at stake? What are you losing by refusing to stop and rest? How do these things compare to what you will lose by resting (i.e. a little bit of productivity, a small amount of money)?
5. How will you go about prioritizing the most important things over the next few days?
6. What will you do to communicate with clarity, conviction, and confidence when important things threaten to bury the most important things in the weeks to come?

