

EMBRACING THE WORDS OF JESUS
Matthew 11:28-30

CRAZY BUSY: Loads + Limits

Matthew 11:28-30

WELCOME TO HYPOCRISY!

OUR CRAZY BUSY LIVES

Busyness is _____ us rather than _____ us.

Seven Signs of Capacity Overload:

1. Inability to Control Your Emotions
2. Lack of Self Care
3. Illness
4. Chronic Lateness
5. Self-Medicating and Excess
6. Neglecting Important Relationships
7. Neglecting God

We need to embrace a life of crazy rather than crazy busy!
Crazy is living life with _____.

THE GOAL OF MARGIN

The goal of margin is _____.

EMBRACING MARGIN IN OUR LIVES

Margin is the _____ between our _____ and our _____.

Loads = Work, Spouse, Kids, Obligations, Education, Problems, Commitments, Expectations, Debt, Deadlines, Conflict, etc.

Limits = What you can physically, mentally, emotionally, financially and spiritually handle in a season of life

Weight Bench Illustration

**For continued outline and notes, please turn to the back page of this handout.*

CRAZY BUSY: Loads + Limits

Matthew 11:28-30

Date: 9/10/2017

GETTING STARTED

Share the last vacation, weekend getaway, or day that you enjoyed stress free. What did you do and how did you feel?

SUNDAY RECAP

Do you remember a time in your life when you had little worries and were not in a rush to get things done? For most of us, it's been a long... long... long time ago. Our lives are characterized by busyness and hurry. In fact, in many ways we proudly wear our busyness as a badge of honor, thinking less of others who are not. We need to begin to realize that busyness is breaking us, instead of making us better. If we don't fight for margin in our lives, we will become increasingly busier and less available for others and specifically for relationship with God.

STUDY & SHARE

1. Spend a few minutes reviewing The Signs of Overcapacity and discuss which one(s) you most resonate with currently in your life and why.

Inability to Control Your Emotions // *Are you a rollercoaster of emotions that are fairly unpredictable?*

Lack of Self Care // *Are you showering less frequent, overeating, over drinking or Netflix-binging?*

Illness // *Are you finding yourself physically ill - headaches, backaches, a constant cold, etc?*

Chronic Lateness // *When was the last time you were actually early for something - or on time for that matter?*

Self-Medicating + Excess // *Do you eat more, watch more, buy more, exercise more to get what you deserve?*

Neglecting Important Relationships // *How frequently do you have to cancel plans or avoid people you love?*

Neglecting God // *Is God getting your leftovers or just crumbs because you've over consumed with everything else?*

2. Take time to read and reflect on Matthew 11:28-30. In this week's message, we dissected each phrase of the text. Meditate on each of

the main phrases shared in the message and how Jesus' words apply to you.

3. In verse 28, there is a promise given by Jesus. What is it? What are the conditions of that promise?
4. Read and reflect on Psalm 23. What does it mean to receive God's rest?
5. Margin was defined as the space between our limits and our load. How would you describe your current margin, or lack thereof?
6. In verse 30 Jesus mentions his yoke. What is the meaning of this analogy? How can you apply this idea to your life in regards to busyness?

SEND // GROUP CHALLENGE

The stated goal of this week's message is to honestly assess our busyness and make some decisions about what we can say "no" to that will provide more margin. Take a few minutes to look at your calendars together and make one decision to put off, or say "no" to something that can wait. Then share that with the group and hold each other accountable for that decision.

SUPPORT // PRAYER

"And carry each others burdens (loads)." Break up into groups of 2-3 and share one burden you can share with each and then present to God in prayer together.

ADDITIONAL QUESTIONS TO CONSIDER

What did you find most interesting about this week's message/passage of the Bible? What changes might you be ready to make?

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