



Week Four | I'm Busy | 01.29-30.2022

Grow Deep Conversation Questions: Use these questions to help you process the message in your personal time of study or with your group. Time suggestions are based on a 90-minute group gathering.

Series Recap: What if you declined a life of fine? In a world so concerned about facade and success, we hide behind lies that society has deemed acceptable but actually cover feelings of inadequacy and fear. It's time to say what we mean and begin to recognize that the life that Jesus offers is truly so much better.

»» Opening (3 minutes)

- Introductions - This is especially important if this is your first meeting and if there are new members.
- Housekeeping - Clarify expectations:
 - Remind your group that this is a confidential meeting.
 - **Remember, there may be many thoughts and views. Please remain kind and respectful during conversations.**
- Pray - Open your time together in prayer.

»» Introduction (12 minutes)

- Ice-Breaker: What is one of your greatest time-wasters?
- Digging Deeper: What is a rhythm of rest you would like to implement this week? How can your group help you make this a reality?

»» Observation | Read 1 John 2:16; Matthew 6:28-34; Luke 9:23-26 (12 minutes)

- What are your initial reactions to these passages? What do you find challenging? Are you encouraged by any of these verses? Why?

»» Key Principle | PMLB - Pride Makes Life Busy. (12 minutes)

- There are so many competing priorities in our lives that we want to satisfy in our pride. We are important, that's why we get busy, which pressures are most difficult to resist?
- Why do you think our culture is willing to settle for busy?

»» Who/what is setting your schedule? | Reread 1 John 2:16 (12 minutes)

- What person are you most afraid of disappointing based on the busyness of your life right now?

»» Where is your worry coming from? | Reread Matthew 6:28-34 (12 minutes)

- How do Jesus' words about worry change the way you think about today? What illustrations would He use in your life?

»» What is better life in Jesus worth to you? | Reread Luke 9:23-26 (12 minutes)

- Placing God back at the center of our lives often means changing our schedules. What needs to change in yours this week?

»» Next Steps and Prayer | (15 minutes)

- Busy Quiz: Are you: Irritable? Hypersensitive? Restless? Overworking? Emotionally numb? Prioritizing things that don't matter? Caring for your body? Using "escapist" behaviors to numb reality? Slipping on spiritual rhythms? Isolated? Too many "Yes" answer means you might be too busy. What needs to change for you to slow down and be more present?
- Close by praying for each other to recognize the pride in your lives and to remember that only Jesus Makes Life Better.