



How Busyness Is Killing Our Spirituality

HELLO

Our therapy session continues this week with a slightly different look at what is out of control in our lives and what we need to bring us balance. Calling it a therapy session is a little bit tongue in cheek but there is some truth to it. When things get out of control, the right response is to slow down and recalibrate. The problem is life just doesn't seem to play fair.

What is something that makes you relax and feel good?

Mountains, beach, museum, or home? Which do you prefer?

GROW

The previous question wasn't just out of the blue. This series deals in large part with learning the value and importance of rest, especially spiritually. Busyness is a killer in many ways. God never meant for us to be harried and distracted. We should experience more joy, not sadness; more peace, not strife.

What are some examples of God calling us to less?

What are some examples of God calling us to more?

We are going to stick with the same scripture again this week because we too often forget after a busy week. This invitation from Jesus is at the heart of our healing from "busy sickness".

Read Matthew 11:28-30

Jesus said, "Let me teach you." What should we learn from how he responded to being pulled from the demands and needs of others?

What is the downside to chasing bigger and better opportunities?

What does the phrase "God is often in the whisper" mean?

M O V E

What you give your attention to is the person you become.
How does that make you feel?

What is one thing you spend too much time on and one thing you don't spend enough time on? How can you reverse it?

P R A Y

Nothing will make you feel more like a community than this time. Share your joys, your burdens, your victories, your fears. This is the place to do it.