

SESSION 1: START WITH WHY!

Welcome, Review Study/LIFE Starter Journaling: 20 minutes

Session #1 Teaching: Time to Take Back YOUR Life: 10 minutes

To really understand God's purpose for life, we need to create space in OUR lives to better understand what God has for us! **Busyness** is of the enemy and he wants to rob you of peace and make you think it's OK to love a life of stress. That stress doesn't end with YOU either, for it gets translated into every relationship you have. God cares more about relationships than checklists. He cares more about our ability to love Him and those around us than He does about your tasks and your ability to "multi task!" The reality is that NO ONE does it well! **God didn't build us to multitask.** Research shows that multitasking is actually counterproductive! In fact busyness blinds us and dictates our schedule, so we don't slow down enough to think about each task. Each person.

Ask yourself this question: is my life so busy that I often prioritize what I need to get done over the people God has called me to see and love?

Oftentimes, being busy multitasking fills a need to accomplish tasks because then we feel successful. We do it in order to feel worthy. We seem to have an insatiable desire to always be one step ahead of where we are. It could be a coping mechanism to keep ourselves from thinking or feeling things we don't want to acknowledge, or an attempt to live up to the expectations of others. If your current busy schedule feels more like a burden than a blessing, chances are you've taken on too much than is healthy for you – or perhaps you've simply taken on too much of the wrong things. It may be time for you to stop worshipping the idol of busy.

"Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil. Therefore, do not be foolish, but understand what the will of the Lord is."
Ephesians 5:15-17

It's time to let your priorities determine your schedule. You can actually accomplish more with less, if you focus your attention completely on each task at hand. Challenge yourself to be fully present in whatever you are doing in any given moment. Ever heard this: we are called human BEINGS not human doings. Allow time for just "being," not focused on "doing" anything in particular. Make time for the joy God wants you to experience and you might have room to discover the purpose He created you for.

The bottom line is that how you spend your time is a reflection of your **priorities**. God has already defined what should be the most important thing in your life, so now is the time to make time for God and the loving relationships that He has given you to cherish! Don't think Jesus can't sympathize with your busyness.

Today, we are going to start this study by doing a quick self-assessment of our priorities in life. If you identify yourself as someone who's constantly "busy," I want you to discuss as a group, in all of your busyness, are you living the life that God wants you to live? Does your busyness fulfill you, or are you living up to the goals and expectations of what others want for you?

Here's a good question: what do you WANT your priorities to be? What would your calendar, bank account, and the focus of your worry say your priorities are? Do they match?

Now let me stop for a moment and speak to you as a pastor. Just because your priorities may have been out of whack doesn't mean you've irreparably botched it. Consider this verse. You may be familiar with the first half: And we know that for those who love God all things work together for good, for those who are called according to HIS [emphasis added] purpose. Romans 8:28

The purpose for your life isn't even your purpose. It is God's purpose for you. He is weaving together a story in your life and don't be surprised if He takes the broken parts of your story and uses them to be the catalyst to reveal His purpose for you going forward.

For homework this week, I'm going to ask you to bring this assessment home and ask your spouse, or those closest to you, to answer the same questions for themselves AND for YOU! Practically, think this week about things you **don't want** to do, and actually **don't need to do**. Things you **don't want to do**, but actually **need to do**. Things you **want to do** and actually **need to do** and finally, things you **want to do**, but actually **don't need to do**. After discussing this session with those closest to you, make a list of things that need to be reprioritized (to discuss with your group next week). Also, PLEASE make time to dig into the LIFE Starters Journalling process, as it will allow the Holy Spirit (through the Bible) to make these weekly sessions come alive in your heart!

Individual Application: 10 minutes

Please answer these "priority" questions honestly (and have your spouse or a friend independently do the same): (10, being MOST important or satisfying and 1, being LEAST important or satisfying. Be totally honest!)

How important are the relationships in your life?	Rate: _____
How important is your spiritual life?	Rate: _____
How important is it to maintain your health?	Rate: _____
How important is it to succeed in your career?	Rate: _____
How important is it to have adequate financial resources?	Rate: _____
How satisfied are you with your relationships?	Rate: _____
How satisfied are you with your spiritual life?	Rate: _____
How satisfied are you with your health?	Rate: _____
How satisfied are you with your career?	Rate: _____
How satisfied are you with your financial life?	Rate: _____
How well do you know what you spend your time on?	Rate: _____

Small Group Discussion: 15 minutes

Now, look back and see where you might need to reprioritize.

- Discuss your priorities as a group.
- Are you living the life that God wants you to live?
- Does your busyness fulfill you, or are you living up to the goals and expectations of what others want for you?
- Do you take pride in your busyness and your ability to multitask?
- Discuss this ALL as a group.

Small Group Wrap-Up: 10 minutes

What did you cover in your small group time? What were the biggest take-aways and action items?

Discuss This Week's Homework: 5 minutes

Bring this home and now, ask your spouse, or those closest to you, to answer the same questions for themselves AND for YOU!

- Things you ***don't want*** to do, and actually ***don't need to do***:
- Things you ***don't want*** to do, but actually ***need to do***:
- Things you ***want to do*** and actually ***need to do***:
- Things you ***want to do***, but actually ***don't need to do***:

After discussing this session with those closest to you, make a list of things that need to be reprioritized (to discuss with your group next week).

SESSION #1

WK. 1 DEVO 1

Read Luke 10:38-42

Distractions abound in the world around us, as we can understand from the Bible's account of Christ's friends Mary and Martha. Shortly before His death, Christ gathered with His disciples. Mary and Martha were both helping to serve the meal, but one of them fell into Satan's "trap of busyness." Mary made the most of her opportunity to hear from the Messiah one more time, while Martha was distracted with much serving. Which one do YOU relate to?

L=Listen: in your journal by writing the date and the Scripture you're studying. After you've read the passage a few times, focus on a verse or two that stands out to you and then write out those verses in your journal.

I = Investigate the context around today's Scripture reading. To whom was this written? Why? How does this passage fit with what comes before and after it? What is the Holy Spirit communicating through this text? Feel free to use Bible study tools for commentary: [Bible Study Tools](#), or [Easy English Bible](#)

F=Focus: to the text to make it applicable for your own life. What is God saying to you personally through this passage? How can you apply what you've read?

E = Engage God. This can either be a short prayer or an action that you can take that day after reading the text. Is there a command to follow in the text? How are you different because of what you've learned?

SESSION #1

WK. 1 DEVO 2

Read Philippians 4

You need to control your thoughts to reprioritize your life and control your schedule. Our thoughts should be positive and productive, and must reflect God's nature rather than the nature of the adversary.

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SESSION #1

WK. 1 DEVO 3

Read James 1

When you choose to change your life (and your schedule) to be more closely connected to Jesus, the enemy will want to create all kinds of trials and temptations to take your eye off the prize of living out God's purpose for your life. Expect the trials and embrace them!

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SESSION #1

WK. 1 DEVO 4

Read Mark 10:17-27

We end this devotional with a SAD story. As you read the story of the RICH and the KINGDOM of GOD, PLEASE don't be like the rich man! If you can relate, make the needed changes TODAY!

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