

SESSION 2: ARE YOU A “BUSY-AHOLIC?”

•Prayer, Welcome and Review of Busyness Assessment: 20 minutes

•Pray. Introduce yourself to the group again and discuss the findings of the “Busyness Assessment!”

•Session #2 Teaching: Are YOU Addicted to “Busy?”: 10 minutes

What is a “busyaholic”? If you find yourself addicted to busyness in much the same way an alcoholic is addicted to alcohol, it means you are likely struggling with an imbalanced life. You may find that you struggle to rest, as you are constantly worried about the next event or task. Remember, any fixation, other than God, is an idol. As a Christian, you must be careful not to let the busyness of the world distract you from your devotion to Christ. In your devotion to Christ, He will better guide you how to approach your responsibilities to your family, church, friends, and work. The principle of keeping God at the top of your priority list is clear in the Bible: “seek first the kingdom of God and his righteousness, and all these things will be added to you” (Matthew 6:33).

It is impossible to remain in a constant state of busyness and to develop healthy relationship with family, friends, and others. Busyness invariably puts a strain on the family, even when much of the busyness starts with the family.

Busyness endangers physical health, as attending to one’s own body is usually not a high priority. Emotional health is also at risk, as busyness leads to more stress and anxiety. As a Christian, your focus on life is to be less on plans and more on how you plan fits into God’s will for your life. Rest and recreation are by God’s design (Genesis 2:2). One good test to know whether you are too focused on busyness is to ask yourself how much time you spend thinking about activities more than God, family, or other important subjects.

Is your busyness glorifying God. Even when involved in the seemingly mundane tasks, we should glorify God. As Paul reminded the Colossians, “And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him” (Colossians 3:17). Christ demonstrated the importance of intentionally taking breaks, spending time with loved ones, and using time alone to pray and meditate on the Word of God (see Mark 6:31 and Luke 5:16).

Being busy is not directly comparable to worshipping idols; however, busyness is often linked to sin, discontentment, and misplaced priorities. If busyness takes up so much energy that it distracts from your relationship with Jesus Christ, then it could be considered idolatry. You should view your life as an opportunity to advance the kingdom of God through your time, talents, and treasure. You should be strategic in your approach and seek to lead a balanced life and likely even a SLOWER PACE.

Small Group Discussion: 25 minutes

- Craig Groeschel said, "You cannot change what you do not confront. If you ignore the battle, you lose the battle!" Are YOU a "BUSY-AHOLIC?"
- Discuss with your group about how being BUSY effects your spiritual, emotional and physical health.
- Does the activity in your life glorify God? Discuss the benefits of a possible SLOWER PACE.

Small Group Wrap-Up: 25 minutes

- What were the biggest take-aways and action items from your small group time?
- What is ONE thing that you will do different this week in order to make needed changes that came up in today's study?

Discuss This Week's Homework: 5 minutes

Focus on the LIFE Journaling Method and it will give you more insight to become less busy!

SESSION #2

WK. 2 DEVO 1

Read Genesis 2

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 #2

WK. 2 DEVO 2

Read Colossians 3

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 #2

WK. 2 DEVO 3

Read Mark 6:30-44

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 #2

WK. 2 DEVO 4

Read Luke 5:12-16

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](#).

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