

SESSION 7:

IT'S TIME TO TAKE BACK YOUR LIFE!

Welcome, Prayer & Review of LIFE Starter Journaling: 15 minutes

Discuss how did you score on the busy assessment.

Session #7 Teaching: Take YOUR Life Back!: 10 minutes

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 your relationships than He does about your tasks and your ability to **"multi task!"**

Do you take pride in your busyness and your ability to multitask? 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.

Oftentimes, being busy multitasking fills a need to accomplish tasks 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.

Today, we are going to give you more time to engage as a group to talk about if you identify yourself as someone who's constantly "busy?" We want you to ask yourself, **"In all of your busyness, are you living the life that God wants you to live?" Does your busyness fulfill you, or are you trying to live up to the goals and expectations of what others want for you?**

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.

Make some practical and measurable commitments to one another about "breaking the busy cycle!" If you REALLY want to grow in your relationship with God and with your spouse, YOU NEED TO MAKE TIME to do so. You will benefit. Your spouse will benefit. Your children will benefit for generations to come. The ripple effect of YOUR DECISION to break the busy cycle will reach far beyond your wildest dreams. When God enacted the old covenant with His people, He prescribed an entire day, the Sabbath day, to be sure they made time just to focus on Him. No work or distractions. Just worship. Your marriage covenant, and its needs for time, are the same.

I'll end today with the Bible story of Martha and Mary in Luke 10:38-42, "As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!" "Martha, Martha," the Lord answered, "you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."

Who do YOU relate to?

Small Group Discussion: 25 minutes

- Do you take pride in your busyness and your ability to multitask? Discuss.
- Do you identify yourself as someone who's constantly busy?
- In all of your busyness, are you living the life that God wants you to live?
- Does your busyness fulfill you, or are you trying to live up to the goals and expectations of what others want for you?

Pray together for God to help you focus on getting "un-busy" as a family to find peace and a focus on each other and God.

Small Group Wrap-Up: 15 minutes

What were the biggest take-aways and action items? Group Discussion: 15 minutes

Homework: 5 minutes

Read the info below on **Sabbath rest** and discuss as a couple:

We are designed to rest.

So God created humankind in his image, in the image of God he created them; male and female he created them. - **Genesis 1:27**

Since we are created in God's image, we are to obey limits in our work. Did God rest because he was exhausted, or did he rest to offer us image-bearers a model cycle of work and rest? The fourth of the Ten Commandments tells us that God's rest is meant as an example for us to follow.

God blessed the seventh day and hallowed it, because on it God rested from all the work that he had done in creation. - **Genesis 2:3**

What are we to learn from this?

How will you celebrate the Sabbath this week?

SESSION #7

WK. 7 DEVO 1

Read 1 John 4:7-21

God's love came first and it is a truly sacrificial love. Journal about how YOU show your family love.

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 #7

WK. 7 DEVO 2

Read Philippians 1:3-11

Are YOU living a life defined by LOVE?

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SESSION #7

WK. 7 DEVO 3

Read Proverbs 14

Are you raising kids to be wise or foolish?

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SESSION #7

WK. 7 DEVO 4

Read Matthew 6:5-14

Parents need to be willing to model forgiveness and grace to their children, regardless of the personal cost.

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