

# SESSION 9: YOUR NEXT STEPS

• **Welcome and Review Last Week's Homework: 15 minutes**

• **Session #9 Teaching: Now What? 15 minutes**

A common theme throughout these lessons has been the nature of our culture and its hunger for busyness, accomplishment, and its increasing ability to deliver instantaneously. It can be easy to be hurried often, and at a pace previous generations would find unimaginable. As horse-and-buggies have given way to Mustangs, the time saving devices seem to only cause the time saved to be filled with more and more tasks.

It is no mystery why the constant access to tasks and accomplishments can tempt you to feel like a robot, rapidly moving from one task to the next. You can feel overworked, overstressed, and spiritually undernourished. Culture promotes "bigger and better" and subtly (or not so much) challenges you to keep up. Whew! Who made these rules anyway? Satan loves to keep you running in circles trying to beat the clock – even circles around good and noble things. **If Satan cannot make you bad, he may settle for busy.** If he can distract you, he can minimize your usefulness to the Kingdom of God. Satan may be the Prince of Darkness, but he is also the Duke of Distraction.

As a Christian, do not allow yourself to be swept away in the undercurrent of the cultural stopwatch. Romans 12:2 says, "Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect." It may even be a good idea for you to review the last few lessons. The Bible places high value on spiritual, physical, and emotional rest. With spiritual health comes a life of increasing peace: "*And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus*" (Philippians 4:7).

During Jesus' earthly ministry, He Himself escaped the busyness of the crowds to renew His strength and taught others to do the same. Mark 6:31 says, "*And he [Jesus] said to them [His disciples], 'Come away by yourselves to a desolate place and rest a while.' For many were coming and going, and they had no leisure even to eat.*" It is difficult, if not impossible, to hear God's still, quiet voice over the roar of busy life. **You must make time to rest and hear from our Lord.**

A great example of the consequences of busyness is showcased in Luke 10:38–42: "*Now as they went on their way, Jesus entered a village. And a woman named Martha welcomed him into her house. And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. But Martha was distracted with much serving. And she went up to him and said, 'Lord, do you not care that my sister has left me to serve alone? Tell her then to help me.'*"

If you are honest, you likely resonate with Martha in the story. You rush around doing "what needs to be done," while missing the glimpses of Jesus all around. As difficult as it is, and as contrary to our culture as it is, you must intentionally make the effort to slow down and sit down. Sit down at the Lord's feet. Jesus replied to Martha's request: "*Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her*" (Luke 10:41–42).

Let the phone go to voicemail. Chores can wait. Social media will be there, later, when you pick up your phone. Listen to the voice of Jesus: "*One thing is necessary.*" Isaiah 55:6 says, "*Seek the Lord while he may be found; call upon him while he is near.*"

### **Small Group Discussion: 15 minutes**

- *So as you reflect on this study, how has your priorities changed?*
- *When you consider the YOUR “next steps,” what excites you to continue this journey?*
- *Adjust as needed and redefine your goals and expectations often. Discuss as a group.*

### **Small Group Wrap-Up: 15 minutes**

- *What are the top THREE takeaways from this study?*
- *What about this study could be improved to have MORE IMPACT?*
- *Was the LIFE Method of journaling helpful and did you actually do it? Why or why not?*
- *Would you refer others for this class? Why or why not?*
- *Are you ready to participate in the NEXT LIFE Study?*

### **Be part of this movement and give us your feedback please!**

- *Write out a testimony about how this class changed your parenting.*
- *Shoot a short 2-minute testimony video if you feel led.*
- *Fill out the assessment forms (emailed tomorrow).*
- *Consider your involvement in the next semester classes (also emailed).*

***Please take the time to give us feedback, as we want to improve these classes and have the biggest impact for God’s Kingdom and generations to come!***