



WHAT WOULD JESUS UNDO?

OVER-SCHEDULING – WEEK 1

Small Group Time:

Talking through the message during the week helps you and your group turn what God is saying to you into action steps. Begin with key questions, add any optional Scriptures and questions if needed, and then wrap up by deciding on your next steps.

Main Idea:

If He was editing your life, What Would Jesus Undo? We tie ourselves in knots going through the motions to meet the world's expectations. But you weren't created for that. Whether you're struggling to find a new start or looking for a place to grow, it's time to get real about who you're meant to be. Maybe your desired future is less about adding things to your already chaotic life, and more about subtracting a few.

Key Questions:

1. How was your holiday season? Would anyone say there's was really "busy"? What was the most stressful, chaotic part?
2. Would you say your schedule is pretty full? Why is it so easy to over-schedule & fill our lives with the next distraction?
3. Read **Luke 10:38-42**. Who do you relate with most in this story – Mary or Martha? Ben said, "It wasn't WHAT Martha was doing, it was HOW she was doing it & what she was MISSING OUT on because of what she was doing." Would you say you're mostly doing "good" things with your schedule? Why is it so difficult to stop doing GOOD things in order to focus more on the GREAT things?
4. Ben said, "A lack of busyness makes us feel guilty. We run our schedules like we'd rather have anxiety than have margin." Do you agree? Why?
5. IF YOU DON'T CHANGE DIRECTION, YOU'LL END UP EXACTLY WHERE YOU'RE GOING. If you were really honest, do you like where you're headed (based on how you use your time)? Do you like the message you're sending your kids with how you spend your time?
6. Read **Matthew 11:28-30**. How do we accomplish this? What were some examples that Ben gave from the life of David? Have you ever only spent time with God when you needed something from Him (Psalm 131:2 – baby not weaned)?
7. Rearranging your schedule is simple, but it won't be easy. What are some simple steps you need to take at the beginning of this new year to be more intentional with your schedule?

Next Steps:

- What's one thing you will do this week as a result of something you learned from this message?