



WHAT WOULD JESUS UNDO?

OVER-WORKING – WEEK 3

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. What was your first job & how old were you when you worked your first job? Would you consider a good or bad experience?
2. Has anyone in your life ever fallen into the trap of "overworking"? What has it cost them?
3. Why do we believe that over-working is often the solution to our problems?
4. Ben said, "Crossing the line from working hard to overworking is an easy line to cross, but once you cross it, it is difficult to go back." Do you agree with this? Why do you think that is?
5. Read **Proverbs 13:4**. If we want to have a healthy work balance, it must start by working hard. Have you ever thought about the fact that your testimony at your workplace starts with your work ethic? What would change if you remember that consistently?
6. Read **Proverbs 19:20**. When it comes to "blind spots" in our life, why is it so difficult to ask someone for help? What benefit does another set of eyes provide?
7. Read **Mark 1:35**. Jesus knew where He needed to be to find rest & He regularly went there. What are some steps you need to take to find your "resting place" & to schedule necessary breaks in your workplace – remember this pertains to stay-at-home parents too – for a healthier life?

Next Steps:

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