



## A Culture of Busy Introduction

In society, a culture of busy has been elevated to being “better” than rest for our souls. We consider busyness to be a badge of honor or even a status symbol. We tend to feel guilty or unproductive when we are not busy. In Sunday’s message, Jason challenged us to take the “good stuff” that may crowd up life with busyness and replace it with the best stuff that replenishes our lives. Take some time as a group to walk through the questions below and personally talk about what is good that you may need to exchange for what is best.

### DISCUSSION QUESTIONS

What part of Sunday’s message stood out to you? Was there anything you disagreed with or that encouraged you?

*“Exchange the ‘good stuff’ that depletes our lives with the best stuff that replenishes our lives.”*

In society, why is a culture of busyness elevated as better than replenishing our souls?

### **Read: Matthew 11:28-29; Ephesians 5:15-17**

**Context:** *Apostle Paul wrote a letter to a church in Ephesus which became known as Ephesians. In that letter he gave the early church specific instructions on how to use the time we have in this life wisely.*

- In the verses from Matthew, what kind of rest was Jesus offering? How does one find this rest?
- Jason said, “**Vacations are for recreation; Retreats are for rest**”. Why do we all too often equate the two? Why is it that vacation seems to be elevated above retreats?
- Jason then added to the statement by saying, “**Vacations reconnect us with one another; retreats reconnect us with God**”. Why is differentiating the two so important to begin this process of finding rest? How does this differentiation include the type of rest we find?
- Jason also said, “**Retreating to God’s presence makes God’s power present**”. How does this happen? What does it mean to retreat to God’s presence?
- Read Ephesians 5:15-17 again. Why do the circumstances of our surroundings create a greater urgency to be wise with our time in this life? How will that benefit us and others?
- How good are you at the replenishment cycle? When you’re feeling insufficient, how good are you at going first to God and then to the things that rejuvenate you? When you’re feeling sufficient, how good are you at being a light for Christ and loving people around you?
- What are the side things that we need to start doing in order to make the best use of our time in this life? What is it that you need to start doing in order to be replenished by the presence of God?

### MOVING FORWARD

Bill Hybels said,

“Depletion harms the people around me and it damages my soul. When you decide that you never want to live on empty again, you start paying more attention to the replenishment side of the equation. If you choose to live with more energy reserves in your life, you will without a doubt disappoint some people. Trust me, you have to fight to keep your life replenished. No one else can keep your tank full. It’s up to you to protect your energy reserves.”

How can you be better at rejuvenating in order to be a better version of yourself and a greater influence on people?



**LIVE IT OUT**

**Memorize:** Ephesians 5:15-17

**Journaling:** Make 3 lists. One list has all the good things you are involved in. The other list has the best stuff you are involved in. The last has the best things you should be involved in. Prayerfully cross out the "good things" that you need to let go of to do what is best.

**Prayer:** Ask God for wisdom to learn what the best thing is for you to be doing.

**Accountability:** If busyness is a struggle for you, invite an accountability partner to speak into this area of your life.