

## Crazy Busy

1. Warm up question: On Sunday we watched the famous scene of Lucy and Ethel in the chocolate factory. Thinking back over the last few weeks. When did you last feel like Lucy and Ethel in the chocolate factory?
2. Jeff shared a story about someone who felt he was being torn in too many different ways in his life by too many demands. He asked his friend, “What do I need to do to be spiritually healthy?” His friend said, “You must ruthlessly eliminate hurry you’re your life. There is nothing else. You must ruthlessly eliminate hurry from your life.”
  - a. What do you make of that advice? Do you agree or disagree – and why?
  - b. Psalm 46:10 says, “Be still and know that I am God.” What does our lifestyle look like when we’re living that verse? In other words, what’s the difference between a “still” lifestyle and the opposite?
  - c. Do you feel you’re living a “still” lifestyle? Why or why not?
3. Jesus faced more demands than we ever will, yet he seemed to live with a holy calm, even when rushed. On Sunday, Jeff suggested four principles that can help us live with a similar holy calm. **Principle No. 1: Redefine success – success means structuring life in a way that allows ample room to breathe.** We see this principle at work in our Gospel passage: read Luke 10:38-42.
  - a. What was Martha’s problem?
  - b. What was Mary’s insight?
  - c. How should Martha have handled this situation?
  - d. Does this passage teach that it’s bad to be a hard worker? If not, how is it possible to be a hard worker even while practicing what Jesus teaches here?
4. **Principle 2: Learn to practice stillness in its various forms; cultivate “time serenity.”** The taxi driver in the movie “Collateral” illustrates this principle. During a typical hectic day, he paused several times for five minutes to let his spirit escape to a beach pictured in a postcard he carried with him. Jeff told how he has a similar ritual, but uses a list of four questions – Am I having fun? Is fear at bay? Am I loving? Anything to share with God? Another example would be to take a You Tube break with the Cuppy Cake song or engage in some other meditative experience. These little mini-Sabbath breaks taken during the day are like time expanders built into the day, allowing us to breathe, renew, and re-center for times of intense activity.
  - a. What do you do to practice stillness and cultivate time serenity throughout a typical day? How does it affect you?

- b. In addition to mini-Sabbath breaks, what are some other experiences you deliberately build into the rhythm of your typical week to make sure you're slowing down and allowing ample space to renew your spirit?
  - c. In 19<sup>th</sup> century Paris, strolling first became a form of recreation. To slow down and pace themselves, some people would walk with a turtle, letting the turtle set the pace. Can you see yourself walking with a turtle? How do you think the experience would affect you?
5. **Principle 3: Own your schedule; take charge and set priorities.**
- a. Read Mark 1:32-39. In this passage, lots of people in the town where Jesus had ministered (Capernaum) wanted him to stay and help them further. Jesus refused. Why? What should we learn from this?
  - b. Read Luke 5:15-16. The more the crowds grew, the more Jesus "withdrew to deserted places." Why? What should we learn from this?
  - c. Take about 60 seconds in silence to think about what you want your life's three highest priorities to be. Tell us what they are, and whether you feel you're giving them enough priority. If you're not giving them enough priority, what gets in the way? What would have to change to align your life with your priorities?
6. **Principle 4: Let go of whatever remains undone at the end of the day.** If we've done our best, consistent with the priorities God has given us, what's left undone at the end of the day is God's problem, not ours.
- a. When you reach the end of a day, are you able to clear your heart and mind, relax, and sleep well? Why or why not?
  - b. Jeff told about a poem he recites as a kind of "letting go" ritual at the end of the day. What are some other good rituals we can use to help us let go?
  - c. Of the four principles we've discussed, which one do you most need to work on – and why?
  - d. What would you add to these four principles? What else helps you to keep a good balance between your "to do list" and things that refresh you?