LIFE IN THE WORD SERIES:

LESSON SEVEN: MANAGING YOUR BUSY SEASON (PART 2)

Life in the Word Series: The Adventures of God

Lesson Seven:
Managing Your Busy Season (Part 2)

Ecclesiastes 3:1, To everything there is a season, A time for every purpose under heaven.

Being Under Satan’s Yoke

Reference Scripture
Matthew 11:28-30

Matthew 11:28-30, "Come to me, all of you who are weary and loaded down with burdens, and I will give you rest. Place my yoke on you and learn from me, because I am gentle and humble, and you will find rest for your souls, because my yoke is pleasant, and my burden is light."

Are you tired? Worn out? Burned out on religion? Come to me. Get away with Me and you'll recover your life. I'll show you how to take a real rest. Walk with Me and work with Me—watch how I do it.

Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with Me and you’ll learn to live freely and lightly.”
The Message Bible

A RULE OF LIFE is a schedule and set of practices and relational rhythms that help us create space in our busy world for us to be with Jesus, become like Jesus, and do what Jesus did—to live “to the full”.

“We achieve inner peace when our schedule is aligned with our values.”

Margin is the space between our load and our limits.

Three Key Reasons for Christians to Say NO:

1. Prevents Burnout
2. Cultivates Stewardship
3. Spiritual Alignment

Four Practices for Unhurrying Your Life:

1. Silence and Solitude

2. Sabbath

3. Simplicity

4. Slow Down

Three Life Goals for Your Busy Season:

1. Slow Down
2. Simplify
3. Abide

“Adopt the pace of nature.
Her secret is patience.”

Follow Up Chat Questions:

1. What is the meaning of the acronym B.U.S.Y.?
2. Can you identify the scripture that speaks of Jesus' yoke?
3. How do we find rest for our souls?
4. What is meant by a "Rule of Life?"
5. Name the Key reasons for Christians to say NO.
6. List the four practices for unhurrying your life? Explain.
7. What is something you can take away from today's lesson?