

**YOU DON'T HAVE WHAT IT TAKES
YOU CAN'T HANDLE IT ALL**

The BIG Idea Team, Individual and Family Study Guide

Please take time to run through this study guide with your team, on your own, or with your family so that you can further apply and process the BIG Idea.

Big Idea:

God's plan is for us to surrender our busyness and burdens to Him.

Key Verse:

Read Matthew 5:3 (The Message)

You're blessed when you're at the end of your rope. With less of you there is more of God and his rule.

The Scoop:

There are four basic areas of our lives we neglect when we are too busy: Physical, Emotional, Relational, and Spiritual. We are going to focus on the spiritual. A lot of us believe in God, but we really don't make time for Him. The culture we live in lends itself to busyness with two income families, kid's sports, exercise, etc. In fact, some of us are so used to being busy all the time that when we rest we feel guilty. We tell ourselves that we are not too busy and we justify that busyness by believing we can handle it all. Our busyness is often at the expense of our spiritual lives.

We say that God is important in our lives, but our actions and schedules communicate otherwise. Just like other relationships can't thrive if we don't put time into them (like marriage and parenting and friendships), we cannot expect our relationship with God to grow if we don't make it a priority.

1. Where are you on the "busyness" scale right now?
 - a. Things are real slow right now and I actually feel relaxed.
 - b. I'm right at the perfect amount of busyness for me.
 - c. I'm feeling a little too busy and overwhelmed, where I know I need to change something.
 - d. I am really burned out right now and desperately need something to change.

2. What burdens are you carrying right now that are heavy and exhausting?

What's Next? (take home/further processing/application)

What ways this week will you ask God for help with your busyness?

What is one tangible way this week that you can allow someone else to help carry one of your burdens?