



Series: DIVING DEEPER
April 30, 2017

Living Freely and Lightly

Primary Scripture: Matthew 11:28-30 The Message (MSG)

“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.”

Additional Scripture: Proverbs 3:6, Mark 4:18-19, John 16:33, Galatians 6:2, 9, 2 Timothy 2:1

“Hurry is the great enemy of spiritual life in our day. Hurry can destroy our souls. For many of us the great danger is not that we will renounce our faith. It is that we will become so distracted and rushed and preoccupied that we will settle for a mediocre version of it. We will just skim our lives instead of actually living them.” –John Ortberg

The crunch of time management can so tyrannize us we lose our balance in practicing healthy spiritual disciplines. It is dangerous to be practicing spiritual disciplines out of duty rather than for the joy of our relationship with a Living God. Reevaluating the activities of our lives may well reveal the need to drop some things out of our lives that are stealing time away from spiritual enrichment and growth. Time lost is never regained. Healthy time management is invaluable in having unrushed time to have a healthy relationship with God.

Discussion:

A professor of mine at ONU many years ago advised students to keep a healthy balance of work, worship, play, love and study. It stuck with me and has become a guide in establishing personal core values to prioritize those practices that will enrich my spiritual life for new growth. A healthy soul is no accident.

1. What are the signs of being tired, worn out and burned out in life?
2. What are some of the things people do that cause burn out mentally, physically and spiritually?
3. Have you ever felt like you have lost your desire to work at keeping a healthy relationship with God? Explain.
4. Is this a problem at this time in your life? If so, what caused this to happen?
5. Is there one primary thing you do in life that makes it difficult to be at rest in your soul?
6. How do you avoid being overly rushed in life?
7. What is the answer to avoid feeling worn out or burned out on religion?