



Series: **Max'd Out**
Message: **Squeezed**



DISCUSSION GUIDE

START:

- Think about this question for a moment: "Do you rest from doing work, or do you work from a place of being rested?" Which of these 2 statements is true for you? Why?

THINK:

- Read Exodus 18:14. Do you ever feel like Moses in this situation: you are entirely responsible for something and everyone you're responsible for is "around you from morning till evening."? In what parts of your life do you feel this way? In Moses' life it was the people of Israel he was responsible for, who are the people you are responsible for in your life?
- Read Exodus 18: 17-18. Moses' father in law set him straight about trying to do everything himself. What wears you out? What might be too heavy a burden to carry? Are you trying to do it alone?
- What are the top 5 roles you play in life? Are you a husband, a wife, a father, or mother? What are your roles at work? What are your hobbies? Are you a follower of Jesus? List them all out and try to prioritize them in order of importance. Does this order look the same when you have margin in your life as it does when you Max'd to the limit? Why not?

PRAY:

- Ask God to help you order your top 5 roles in a way that honors Him and is healthy for you. Also ask God to show you someone you can trust to help you.

ACT:

- Take some time this week and look at your top 5 roles list.
Listen: Consider who you can go to for advice & listen to them.
Learn: Consider how this list is affected by what you crave and if that is something you must change. **Live Out:** Talk to God and ask Him to help you prioritize your list in a way that's healthy for you and honoring to Him.

READ:

¹⁴When his father-in-law saw all that Moses was doing for the people, he said, "What is this you are doing for the people? Why do you alone sit as judge, while all these people stand around you from morning till evening?"

Exodus 18:14

¹⁷ Moses' father-in-law replied, "What you are doing is not good. ¹⁸You and these people who come to you will only wear yourselves out. The work is too heavy for you; you cannot handle it alone.

Exodus 18:17-18

LIFEGROUPS

ROWS TO CIRCLES
BECAUSE LIFE IS BETTER TOGETHER

1. READ IT

engage the discussion guide on your own

2. GROUP IT

invite friends to join you

3. GROW IT

meet regularly with others

4. LEAD IT

connect with your campus pastor to learn about ADVANCE leadership at TCC