

Reflection and Discussion

Sermon Series **How to Battle Busyness**

Sermon Title The rightly ordered life

Bible Texts Psalm 127, Matthew 11:28-30

Date September 4, 2022

CONNECT *Get to know one another*

- Question 1: Have you ever had a heavy burden lifted? What did that feel like?
- Question 2: When the demands on your life become burdensome, where do you go to find rest? Does this time of relaxation include spending time with God?

EQUIP *Dive into God's Word*

- Question 3: Read Matthew 11:28-30 and Psalm 127. What themes do these passages have in common?
- Question 4: In your own words, what is the point that Solomon makes in Psalm 127:1-2?
- Question 5: What does Psalm 127 teach us about work/life balance?
- Question 6: How did the prophet Haggai describe the consequences of not placing God first (Haggai 1:5-6)?
- Question 7: Isaiah describes for us how God will bless families in the new heavens and the new earth (Isaiah 65:17-25). What promises in this vision are most comforting to you?
- Question 8: Starting in verse 3 of Psalm 127, the passage jumps from speaking about laboring in vain to the blessing of children. How do you think these seemingly separate thoughts relate to one another?
- Question 9: How would acknowledging God's sovereignty over our circumstances change our attitude and behavior towards work, family, security?

IMPACT *Engage your world*

- Question 10: What are some ways we can be quiet and learn the mind of God?
- Question 11: Will you take inventory of the things that keep you so busy that you are wearied and burdened? What changes will you make to gain relief?
- Question 12: We battle busyness by keeping our focus and pursuit of the Lord first. What steps can you take this week to pause and refocus on the Lord?