

OVERWHELMED

Rhythms – Message 1

Announcements

Semester Break // August 10-August 31 // Small Group lessons will not be available during the semester break but will resume when the fall semester begins on September 1st.

Men's Night // Tuesday, August 21st // Event starts at 7:00PM (Activities begin at 6:00PM) // Little Creek Campus. Men, bring your buddies and join guest speaker, Michael Franzese, a former New York Mobster transformed by the power of Jesus Christ.

Warm-up

What helps you to relax or refuel when you are feeling stressed out or overwhelmed? Examples are listening to music, going for a walk, reading, painting...

Word and Application

Amidst financial struggles, relational issues, health challenges, and the problems of everyday life, it's easy to feel weighed down and trapped in circumstances. These things can all contribute to a sense of being *Overwhelmed*, the title of our new series. This series is designed to help walk you through a life-altering plan for overcoming stress, worry, fear, and depression—so you can be free to enjoy the abundant, joy-filled life you were created for.

Whether we realize it or not, part of the reason we get overwhelmed is that our life gets out of balance. Let's take a look at three keys to building a healthy and balanced life.

1. Build healthy life patterns.

Read Matthew 16:26. What does this verse mean to you? Society will often seek other things in exchange for a healthy life pattern. Give some examples of unhealthy life patterns.

2. Understand Margin.

Margin can be defined as *the space between your load and your limit*, or what you are carrying versus what you are capable of carrying. Why is it so important for us to maintain breathing room in daily living? What are the areas in your life that contain little or no margin? Share one thing you can do to create more margin in your life.

Read 2 Corinthians 10:13. What are your strengths, what do you do really well, or what comes easily to you? If you can't think of anything, what have people told you that you are good at? How can running in your own strengths contribute to increased margin in your life?

3. Understand rhythms and the seasons of life

We can make wise decisions and live with balance when we recognize the season of life we are in. All of creation was created with rhythms, and we were created to understand and embrace the seasons and rhythms in our lives.

Seasonal flows and **regular cycles** make up the two basic types of life rhythms. Seasonal flows have a beginning, middle, and end; they don't last. While regular cycles refer more to the routine and predictable rhythms that occur day in and day out. Have you identified the season flow you are currently experiencing? What can we do as believers to prevent the rhythm of regular cycles from becoming mundane?

Read Ecclesiastes 3:1-8. What is the overall message of this passage?

Read Ecclesiastes 3:11. To maintain proper rhythms in life, we must **release unmet expectations**. It's important to recognize what you can accomplish in a particular season and release the things you can't accomplish at this time. When we do this, we can begin to sense a new-found freedom. Identify some unmet expectations that you need to release.

Life Challenge

Identify and write down 2 action steps to create margin in your life. It can be leaving work at an earlier time, saying "no" to another responsibility, or committing to a true Sabbath rest. Whatever your action steps are, commit to implementing it this week.

Prayer

Thank God for His perfect and sovereign timing in your life. Ask Him to show how to better understand the season of life you are in and how to develop healthy life patterns within this season. Pray for the specific needs of your Small Group.