

## You Can't Handle It All!

May 23, 2010

Pastor Randy Richter

1. How common is it for people to feel rushed, busy, and overwhelmed? Is this becoming more common or less common? What do you find to be true for you?
2. What are some of the symptoms that happen in our lives when we are too busy? How does this typically affect our physical fitness, our relationships, and our relationship with God?

Read Matthew 11:28-30.

3. What are some of the things Jesus is promising here?
4. What do you think a person who is rested looks like?
5. What exactly is it Jesus is inviting us to?
6. What does it mean to yoked with Jesus?

Read Exodus 18:17, 18 and Galatians 6:2.

7. How do you do at carrying other peoples burdens? Share an example of a time you have done this recently.
8. How do you do at asking for help from others? What might be the negative effects if you don't?
9. What do you need to share?

Read Luke 10:38-42.

10. Why did Jesus say Mary chose what is better?
11. Are you more like Martha or more like Mary?

Read Romans 12:1-2.

12. What kind of sacrifice is God calling for?
13. Do you do this in your life now?
14. Are you characterized by being weary and burdened or by being rested and refreshed? Why?
15. Is there an area of life where you need help from others? Is there an area of your life where you can serve someone else?
16. If you are constantly stressed and overwhelmed, it is time to make a big change. What significant change do you need to make?
17. Read Psalm 46:10. If the word still is translated, "to drop," what do you need to drop?