



INSIDE OUT.

Main Idea

The solution to an over busy life is not more time, it's to simplify our lives around what really matters.

Starter

What are you most grateful for in your life right now? (Try to be specific, not like a Hallmark card)

Discuss

Try the following thought experiment together: In five years, what do you hope those closest to you will say were your top three priorities?

Read

Read [Mark 1:35-39](#) and discuss:

- What does this passage show you about Jesus' priorities?
- Which of these characteristics of Jesus is easiest and most difficult for you to follow? Why?
 - Jesus spent time alone with God as His first priority (Mark 1:35)
 - Jesus took control of His own schedule (Mark 1:36)
 - Jesus said no to people He loved (Mark 1:37-8)
 - Jesus did what God lead him to do (Mark 1:39)

On a scale of 1 to 10, how burdened by busy-ness do you feel in this season of your life?

1 (bored) _____ (busy, but good) _____ 10 (burned out)

Have someone read [Matthew 11:28-30](#) and discuss:

- What is a burden or distraction you need to let go of to find a more restful way of life?
- How could you embrace a more slowed down or simplified way of life?

** Remind your group that we do not have to spend time with God out of obligation, but we get to spend time with God because no one else loves us as much as He does! If we want to experience more of the abundant life and rest Jesus' offers us, we need to learn to adopt His lifestyle. That means making spending time with God in His Word and prayer our first priority so we can follow His Spirit to serve, love, and bless those around us.

Apply

In 1 minute or less, have everyone share one thing you need to say "NO" to and 1 thing you need to say "YES" to focus more on God's priorities for your life?

Spend some time praying for each other to have the courage to follow the Holy Spirit's leading.