

## GROUP DISCUSSION GUIDE

I'VE  
HAD  
IT!

## INTRODUCTION

When someone asks you how you're doing, is your first inclination to say, "Busy, overloaded, running like crazy?" If so, it's no wonder. Studies show that we Americans have way more things to "get done" than there are hours in a day to do them. While there are some unavoidable seasons of stress, there are wise choices we can make for a more replenished, joyful, energized life. In this series, we'll look at how to overcome some of life's frustrations. Let the scriptures and questions below help guide your discussion about busyess.

## DISCUSSION QUESTIONS

1. Read **Ephesians 5:15**. How's your busyess level right now? Would you say it fits in the unwise or the wise category?
2. Three classic signs of emotional depletion are: anxiety, insomnia and depression. What in your life depletes you most? How do you react when you start feeling overwhelmed and depleted?
3. Read **1 Thessalonians 5:13**. When are you most prayerful, joyful and thankful? What is your energy level like during those times?
4. There are some things in this life that we just have to do, but we are the only ones that can take ownership for our choices. What do you feel like you need permission to let go of or say "no" to? What are you going to stop doing in order to make your life manageable again?
5. Can you identify your top three to five values that you don't want to cheat on?
6. **Psalms 90:12** says that when we number our days, we make wiser decisions. How do you plan your life? Your breaks? How often do you end up cheating your breaks?
7. All of us have people and responsibilities that drain our buckets. Daily, weekly, monthly and yearly "sabbaths" or breaks can replenish us. As you were growing up, what was your family's viewpoint on resting and recreation? How has that influenced you?

## THINK ABOUT IT

Bob said, "Put what you value on the calendar so you don't end up cheating the people and causes that you really care about." What do you need to get on the books right now and stick by?

## BIBLE VERSE

### COMMIT TO MEMORY:

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest." **MATTHEW 11:28**

