

# Set Free

5 week study

January 11 - February 8, 2022

Set Free From  
Busyness and Stress  
February 1, 2022



*“It is for freedom that Christ has set us free.  
Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.”*  
Galatians 5:1

## Am I busy for the right reasons?

### **Ephesians 2:10:**

*For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.*

- Does my busyness have to do with my desire for success?
- Do I have something to prove?
- Am I trying to win approval or achieve some personal goal?

## Has busyness become my identity?

- Is your self-worth tied up with how busy you are?
- Are you uncomfortable or do you feel guilty when you relax and take some time for yourself?

## Do I take pride in my busyness?

- Are you quick to talk about how busy you are?

## Do I set appropriate boundaries on my busyness?

The need does not constitute the call. You are not called to meet every need.  
Jesus knew how to say, “It’s not my job.”

### **Mark 1:35 – 39:**

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. Simon and his companions went to look for him, and when they found him, they exclaimed: “Everyone is looking for you!” Jesus replied, “Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come.” So he traveled throughout Galilee, preaching in their synagogues and driving out demons.

### **Luke 12:13-14:**

*Someone in the crowd said to him, “Teacher, tell my brother to divide the inheritance with me.” Jesus replied, “Man, who appointed me a judge or an arbiter between you?”*

- Do you know how and when to say: “It’s not my job”?

### **Do I stay busy in order to avoid issues that need to be confronted?**

- Is there some area of disobedience in your life that you're running from through busyness?

### **Is my busyness an obstacle to my spiritual growth?**

- Is it your time with God that falls through the cracks when the schedule gets heavy?

### **There may be some things that are exacerbating your busyness, such as:**

1. Poor time management
  - Whatever you have to do today that you don't want to do, do it first.
  - Eliminate as many interruptions as possible.
  - Finish one job before you start another, if possible.
2. Poor organization and efficiency
  - Always have a plan for your day.
  - Always plan for something to go wrong.
3. Procrastination
  - "Do it right and do it now!"
4. Lack of discipline
  - Get up earlier (go to bed earlier).
  - Turn off the television.
  - Impose needed disciplines.
5. Negative attitudes
  - Get rid of them! Rejoice in the Lord always.
6. Wrong thought patterns
  - Change them! Bring every thought into captivity and make it obedient to Christ.
7. Perfectionistic tendencies
  - Consider the value added of doing everything perfectly. Is it always a good use of your time?
8. Workaholic tendencies
  - A workaholic can lose sight of why she's working.
  - It can steal your joy.

### **1 Corinthians 15:58:**

*Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain.*

### **John 15:4:**

*"Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me."*

There is a tension in Scripture between abounding in the work God has given us to do, while at the same time abiding in the vine, resting in the Lord, and finding rest for our souls.

From an article by John Ortberg entitled “To Abide or To Abound?”, he gives principles to help us keep the right tension between these two directives:

1. Focus on what matters most.

	<b>URGENT</b>	<b>NOT URGENT</b>
I M P O R T A N T	<b>QUADRANT 1</b>	<b>QUADRANT 2</b>
	DEADLINES	PLANNING
	MUST BE DONE	PREVENTION
	OTHERS DEPEND ON IT	RELATIONSHIP BUILDING
N O T  I M P O R T A N T	<b>QUADRANT 3</b>	<b>QUADRANT 4</b>
	DEADLINES BUT NOT REALLY IMPORTANT	TIME WASTERS
	NOTHING OF VALUE LOST IF IT IS NOT DONE	BUSY WORK
	OTHERS’ PRIORITIES	FRIVOLOUS THINGS

2. Be fully present in what God is calling you to do at any given moment.

Enjoy the journey.

Watch out for negative thinking.

3. Establish rhythm in your life.

Work then rest. Work then play. Schedule times of solitude and meditation. Make it happen.

4. Embrace your gifts and your limitations.

**HOW DO YOU SET YOUR LIFE’S PRIORITIES?**

**Ephesians 2:10:**

*For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.*

Your highest priority should be to do \_\_\_\_\_

**Matthew 6:33:**

*But seek **first** the kingdom and his righteousness, and all these things will be given to you as well.*

Keep in mind that you are always saying “no” to something.  
The enemy of the “best” is often the “good.”

**Seeking first the kingdom and his righteousness takes time and commitment.**

If your schedule is too tight to have time to get to know Jesus, something's wrong with your schedule.

**Ask yourself these two questions:**

1. “What one thing could you do (that you aren’t doing now) that if you did on a regular basis, would make a tremendous positive difference in your life?”
2. “What one thing are you doing now that if you stopped it or limited it, would make a tremendous positive difference in your life?”

Are your priorities determined by external factors or internal factors?

External Factors:

- People
- Emotions
- Money
- Career
- Pleasure

Internal Factors:

- Belief system
- Principles
- Commitment
- Passion

**Quiz: What is your superwoman IQ?**

Check the ones that are usually descriptive of you:

- I have a hard time saying "no."
- My to-do list is never completed.
- I try to please everyone as much as I can.
- I think it's very important to keep a spotless house.
- I don't like to ask others to do the "dirty work," so I do it myself.
- I don't like to admit that I can't do something asked of me.
- I tend to over promise and over commit myself.
- There are so many things I want to do that I take on many projects.
- My family members run first to me when they need help with anything.

With whom do you have difficulty drawing needed and appropriate boundaries?

- With my boss
- With my siblings
- With my church
- With my parent(s)
- With my co-workers
- With myself

I feel guilty. . .

- when I don't get everything done that needs doing
- when someone disagrees with me
- when I compare myself to other women
- when I relax and take it easy
- when I fail to do something perfectly
- when anyone is disappointed in me
- when I don't live up to all that I know
- when I eat something that I shouldn't

## **Biblical Stress Reducers**

### **Sing a favorite song.**

#### **Ephesians 5:19:**

*Speak to one another with psalms, hymns and songs from the Spirit. Sing and make music in your heart to the Lord. . .*

#### **Psalm 13:6:**

*I will sing the Lord's praise, for he has been good to me.*

### **Be still; slow down.**

#### **Psalm 37:7:**

*Be still before the Lord and wait patiently for him.*

#### **Psalm 46:10:**

*Be still and know that I am God; I will be exalted among the nations, I will be exalted in the earth.*

### **Take quiet time for yourself with the Lord each day.**

#### **Isaiah 40:31:**

*Those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.*

### **Laugh a lot.**

#### **Proverbs 17:22:**

*A cheerful heart is good medicine, but a crushed spirit dries up the bones.*

#### **Romans 12:15:**

*Rejoice with those who rejoice. . .*

### **Simply your life; get rid of "stuff."**

#### **Matthew 6:19:**

*Do not store up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal.*

#### **Luke 12:15b:**

*...life does not consist in the abundance of his possessions.*

### **Remember the good things and good times.**

#### **Psalm 77:11:**

*I will remember the deeds of the Lord; yes, I will remember your miracles of long ago.*

#### **Philippians 4:8:**

*...whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.*

### **Talk less. Listen more.**

#### **James 1:19b:**

*Everyone should be quick to listen, slow to speak and slow to become angry.*

**Talk to yourself encouragingly.**

**Psalm 42:5, 11b:**

*Why, my soul, are you downcast,? Why so disturbed within me?  
Put your hope in God, for I will yet praise him, my Savior and my God.*

Often ask yourself:

*What difference will this make in 24 hours?*

*What's the worst that could happen and what would I do if this "terrible" thing I'm worrying about actually occurs?*

**Live in today.**

**Matthew 6:34:**

*Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.*

**Don't worry!**

**Matthew 6:27:**

*Can any one of you by worrying add a single hour to your life?*

**Philippians 4:6:**

*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.*

**Proverbs 12:25:**

*Anxiety weighs down the heart, but a kind word cheers it up.*

Ask yourself, "Is this a worry or a concern?" If you can't do anything about a situation, it's a worry. If you can do something, it's a concern. If it's a worry, then you know right away what God's Word tells you about worrying.