



Series: Overwhelmed

Sermon: Part 2: Lifestyle Change

Date: Sunday, February 19th, 2023

We live in a culture where busyness equates to being _____ so we keep our plates full in order to be seen as important.

Two Questions to ask ourselves:

- 1) *Do I like who I am becoming?*
- 2) *Where is Jesus on the plate of my life?*

We pack our schedules with the things that seem important and _____ out on the things that are important.

As Jesus and His disciples were on their way, He came to a village where a woman named Martha opened her home to Him. She had a sister called Mary, who sat at the Lord's feet listening to what He said. But Martha was distracted by all the preparations that had to be made. (Luke 10:38-40)

Martha was so busy because she was so focused on the things that _____ important while Mary was focused on what was important.

*"Lord, don't You care that my sister has left me to do the work by myself? Tell her to help me!"
"Martha, Martha," the Lord answered, "you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her." (Luke 10:40-42)*

"I am the vine; you are the branches. If you remain in Me and I in you, you will bear much fruit; apart from Me you can do nothing." (John 15:5)

"What would it profit you to gain the whole world while losing your soul?" (Matthew 16:26 ESV)

Rule of Life

"Rule": " _____ " in Latin



“A rule of life is an exterior framework for an interior journey. It is an intentional conscious plan to keep God at the center of everything that we do.” (Pastor Pete Scazzero, Emotionally Healthy Spirituality)

We don't drift towards holiness, instead we need a _____ that helps us towards holiness.

Our rule of life will establish our boundaries and our priorities when it comes to our life.

12 Elements To Consider When Creating Your Rule of Life

- 1. Daily reading of Scripture**
- 2. Silence and solitude**
- 3. Prayer**
- 4. Study**
- 5. Sabbath**
- 6. Simplicity**
- 7. Play and Recreation**
- 8. Service and mission**
- 9. Caring for your physical body**
- 10. Emotional health**
- 11. Family**
- 12. Community**

If we want to function like Jesus, then we have to make _____ for Jesus.

Bottom Line: *We don't drift towards holiness, instead we need a plan that helps us towards holiness.*

Questions to reflect on this week or with others:

1. Out of all the things that are on your schedule: What are the things that are actually important and meaningful that you should be focusing on?
2. What are the things in your schedule that you can cut or wait on?
3. How are you structuring your life with God right now and is it working for you? What next steps can you take?

Songs used in service: Battle Belongs (Phil Wickham), Amazing Grace (John Newton), Build My Life (Pat Barrett), Give Me Faith (Elevation Worship)

-----Tear Here -----

Any prayer requests?

Name: _____ **Email (so we can follow up):** _____

What can we be praying for you about?