

2

DEEPLY DRIVEN

Almost all of us would say we are busy. But how often do we think about why we are so overloaded? Deep down, there's a part of us that probably likes to be busy—all of us want to feel needed and important.

Within all of us, there are deeper drivers at play that often fuel us to go to the limit or beyond it. If we don't get down below the surface to think about what really drives us, our lives will never change. We may make a few adjustments to a habit or two, but eventually we'll go back into the same patterns that drove us to be busy in the first place.

In this session, let's dig down for an important discussion about why our busyness is often self-imposed.

Whatever you do, work at it with all your heart, as working for the Lord, not for human masters...
Colossians 3:23

“Deep down, there's a part of us that probably likes to be busy—all of us want to feel needed and important.”



SHARE YOUR STORY



Open your group with a brief prayer asking God for insight as you study. You can pray for specific requests at the end of the meeting, or stop momentarily to pray if a particular situation comes up during your discussion.

- Describe a time where you were really living over your limit. How did life get that way?
- Do you think being busy is sometimes self-imposed—that we choose it because it feels good? In what ways can being busy feel good today?
- In the last session, we asked you to write some names in the Circles of Life diagram. Who did you identify as the people in your life that God has placed in your life? Go back to the Circles of Life diagram on page 23 to help you think of various people you come in contact with on a regular basis; people who need to know Jesus more deeply. Consider ideas for action and make a plan to follow through on one of them this week.



WATCH THE VIDEO

Use the space provided to record your thoughts and questions as well as the things you want to remember or follow up on. After watching the video, have someone read the discussion questions in the Hear God's Story section and start the conversation.



HEAR GOD'S STORY

READ MATTHEW 4:1-11

Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, "If you are the Son of God, tell these stones to become bread." Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'" Then the devil took him to the holy city and had him stand on the highest point of the temple. "If you are the Son of God," he said, "throw yourself down. For it is written: 'He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.'" Jesus answered him, "It is also written: 'Do not put the Lord your God to the test.'" Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. "All this I will give you," he said, "if you will bow down and worship me." Jesus said to him, "Away from me, Satan! For it is written: 'Worship the Lord your God, and serve him only.'" Then the devil left him, and angels came and attended him.

THINK ABOUT IT

- The first temptation was about turning a stone into bread. What did the bread signify for Jesus?
- In the second temptation, Jesus had to choose to trust in God or worry what others might think of Him. Is this a temptation for you?
- The third temptation was about accomplishment. How did Jesus fight off this temptation?
- Why was it so important for Jesus to face these temptations? What did it mean for Jesus' mission that He was able to resist all three temptations?



STUDY NOTES

We all have plenty of temptations in our lives. But the passage on **Matthew 4:1-11** gives us the best tools to fight off temptation. First of all, know the Bible. Jesus fought all the temptations by quoting Scripture. Second, obey God. When you are tempted, remind yourself that you are a child of God and that you want to obey your Father in Heaven. Third, don't look for your purpose by trying to satisfy your flesh. Instead, focus on the mission that God has given to you.





CREATE A NEW STORY

In this section, talk about how you will apply the wisdom you've learned from the teaching and Bible study. Then think about practical steps you can take in the coming week to live out what you've learned.

- Within all of us, there can be deeper drivers that often drive us to live overfull lives. Maybe it is gaining more material possessions, accomplishing big things, or getting the attention of other people. Which of these deeper motives tend to drive you off course? Why?
- Are these inner drivers always bad? How do you know when a desire for achievement or accomplishment gets out-of-whack?
- What changes do you need to make in order to confront these deeper drivers and create more margin in your life?
- Spend time with God. It's a great way to reorient our lives and confront the deepest drivers in our lives.

Here are some simple ways to connect with God. Tell the group which ones you plan to try this week, and then talk about your progress and challenges when you meet next time.

- Commit to personal prayer and daily connection with God. You may find it helpful to write your prayers in a journal.
- Do the Daily Devotions provided in each session. It's an opportunity to read a short Bible passage five days a week during the course of our study. Take time to read carefully and reflect on the passage. Write down your insights about what you read each day. Copy a portion of Scripture on a card and tape it somewhere in your line of sight, such as your car's dashboard or the bathroom mirror. Or text it to yourself! Think about it when you sit at red lights or while you're eating a meal. Reflect on what God

is saying to you through these words. On the sixth day, summarize what God has shown you throughout the week.

- Give each person an opportunity to share prayer requests. If you'd like, you can write these on the Prayer and Praise Report on page 118.
- Close your meeting with prayer.

FOR ADDITIONAL STUDY



Take some time between now and your next meeting to dig into God’s Word. Explore the Bible passages related to this session’s theme on your own. Jot down your reflections in a journal or in this study guide. You may want to use a Bible website or app to look up commentary on these passages. If you would like, share what you learn with the group during your next meeting.

READ ROMANS 14:8

If we live, we live for the Lord; and if we die, we die for the Lord. So, whether we live or die, we belong to the Lord.

- What do you think when reading this verse?
- Be honest with yourself— who do you live for: God or people?
- What does it look like to live for the Lord? Be specific.

READ LUKE 10:38-42

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. She came to him and asked, “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.”

- What was Martha’s priority? And what was Mary’s priority?
- Why was sitting at Jesus’ feet the right thing to do? Is this living within the margin?
- Is it bad to give in to the pressures of life like Martha did?

DAILY DEVOTIONS

DAY

1

PHILIPPIANS 1:20

I eagerly expect and hope that I will in no way be ashamed, but will have sufficient courage so that now as always Christ will be exalted in my body, whether by life or by death.

REFLECT

What does it look like in your own life to let God be in the driver's seat? Is your hope in Christ? And do you have courage to honor Him in everything you do?

DAY

2

ISAIAH 40:31

...but 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.

REFLECT

God is the Creator of this world. What does this mean for you personally? Are there times you forget that God is the Creator? Why? How can you remind yourself that God is in control?

DAY

3

JOHN 16:33

I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.

REFLECT

Life is overwhelming enough; find time to rest in God and receive the peace that He has for you.

DAY

4

2 TIMOTHY 1:7

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

REFLECT

When we let the Spirit of God drive us, we receive power, love, and self-discipline. Have you ever experienced this?

DAY

5

1 PETER 5:7

Cast all your anxiety on him because he cares for you.

REFLECT

Don't worry about pleasing others or about getting recognized for your achievements, but rather, put aside your anxiety and trust that God is all you need.

DAY

6

REFLECT

Use the following space to reflect on what you learned this week and what God is saying to you.