

Running On Empty

Addicted to More (Week 3)

LifeNotes

TALK IT OVER

Main Idea

We set the busyness of our schedules up as an idol; enshrining them on the throne of our hearts.

Key Scriptures

So what do people get in this life for all their hard work and anxiety? Their days of labor are filled with pain and grief; even at night their minds cannot rest. It is all meaningless. Ecclesiastes 2:22-23 NLT

You shall have no other gods before me. You shall not make for yourself an image in the form of anything in heaven above or on the earth beneath or in the waters below. You shall not bow down to them or worship them... Exodus 20:3-5a NIV

Jesus replied, "You must love the Lord your God with all your heart, all your soul, and all your mind. This is the first and greatest commandment. A second is equally important: Love your neighbor as yourself. The entire law and all the demands of the prophets are based on these two commandments." Matthew 22:37-40 NLT

Let us keep our eyes fixed on Jesus, on whom our faith depends from beginning to end. Hebrews 12:2 GNT

Living our lives running on empty results in cumulative damage to our lives.

How do we stop making busyness an idol?

1. Prioritize your relationship with God above all else.
2. Express your love for God through your love for others.

Start talking.

- How have you found security, worth, and purpose in your schedule?
- What is the danger in doing so?
- What are other things we can look to for our identity?

Start thinking.

- Read Ecclesiastes 2:22-23. Why does Solomon say this is meaningless? How does this connect to the idea of having our schedule control our lives?
- Read Exodus 20:3-5a. Why does God begin with these two ideas? How are they connected?
- Read Matthew 22:37-40. How does Jesus' response reframe our priorities?

Start sharing.

- Why is it so easy to make an idol out of something?
- What are the negative impacts of placing something other than Jesus on the throne of our lives?

Start doing.

- Read Hebrews 12:2. How will you prioritize your relationship with Jesus this week?
- How will you choose to love others tomorrow?

Closing prayer.

Lord, I confess I so easily allow other things to sit on the throne of my life. Forgive me. Help me to not find my identity in my schedule or in anything that is not you. Give me the determination and courage to prioritize you above all else and to love others as you love them. Amen.