**Bloom session: Busyness!**

**Opening Discussion**

With those seated around you discuss the following & put your answers here: tinyurl.com/SLEBUSY

1. **Why are we busy?**
2. **What’s bad about being busy?**

**Bible Talk**

1. **Why are we busy?**
2. **What’s bad about being busy?**
3. **Learning from our Lord**

a) Jesus’ example

* **A busy man…** (Mark 3:7-21)

*7 Jesus withdrew with his disciples to the sea, and a great crowd followed, from Galilee and Judea 8 and Jerusalem and Idumea and from beyond the Jordan and from around Tyre and Sidon. When the great crowd heard all that he was doing, they came to him. 9 And he told his disciples to have a boat ready for him because of the crowd, lest they crush him, 10 for he had healed many, so that all who had diseases pressed around him to touch him. 11 And whenever the unclean spirits saw him, they fell down before him and cried out, “You are the Son of God.” 12 And he strictly ordered them not to make him known.*

*13 And he went up on the mountain and called to him those whom he desired, and they came to him. 14 And he appointed twelve (whom he also named apostles) so that they might be with him and he might send them out to preach 15 and have authority to cast out demons. 16 He appointed the twelve: Simon (to whom he gave the name Peter); 17 James the son of Zebedee and John the brother of James (to whom he gave the name Boanerges, that is, Sons of Thunder); 18 Andrew, and Philip, and Bartholomew, and Matthew, and Thomas, and James the son of Alphaeus, and Thaddaeus, and Simon the Zealot, 19 and Judas Iscariot, who betrayed him.*

*20 Then he went home, and the crowd gathered again, so that they could not even eat. 21 And when his family heard it, they went out to seize him, for they were saying, “He is out of his mind.”*

* **…  who managed a busy schedule!** (Mark 1:35-39)

*35 And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed. 36 And Simon and those who were with him searched for him, 37 and they found him and said to him, “Everyone is looking for you.” 38 And he said to them, “Let us go on to the next towns, that I may preach there also, for that is why I came out.” 39 And he went throughout all Galilee, preaching in their synagogues and casting out demons.*

**Priorities:**

**i) his alone-time with the Father: prayer (vs. 35)**, and

**ii) his mission from the Father: preaching (vs. 38-39)**

1. **Jesus’ teaching** (Luke 10:38-42)

*38 Now as they went on their way, Jesus entered a village. And a woman named Martha welcomed him into her house. 39 And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. 40 But Martha was distracted with much serving. And she went up to him and said, “Lord, do you not care that my sister has left me to serve alone? Tell her then to help me.” 41 But the Lord answered her, “Martha, Martha, you are anxious and troubled about many things, 42 but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.”*

Some questions to **ask** & **reflect** on:

1. In general

**How** is this affecting those around me?

**How** is the ‘one thing’ being affected?

1. In considering a specific activity / use of time

**Why** am I doing this?

**Who** am I doing this for? *Really?*

**How** does it fit with my identity in Christ? Flowing out of it, or helping confirm it? Or neither?

**How** does it fit with my mission & purpose in life?

**Small Group Time**

1. Choose which topic from the book “Crazy Busy” is most relevant to you (30 secs to decide)
2. Move to different parts of the room depending on which topic you’ve chosen (see diagram)
3. Read the chapter together
4. Reflect on one big take-away from this session & share with your group
5. Spend time praying in light of your take-away

**Ch. 3 Pride** https://tinyurl.com/BUSYPRIDE

**Ch. 4 Over-reaching** https://tinyurl.com/BUSYOVER

**Ch. 6 Kids** https://tinyurl.com/SLEBUSYKIDS

**Ch. 7 Screen** https://tinyurl.com/BUSYSCREEN

**Ch 8 No rest**  https://tinyurl.com/BUSYNOREST

**Ch. 9 Embrace busyness** https://tinyurl.com/BUSYEMBRACEBUSY

**Recommended Resources**

Crazy Busy by Kevin DeYoung

A busy Christian’s Guide to Busyness by Tim Chester