



My Crazy Life – Message 1

Warm-up

Think back to when you went shopping for school supplies as a child. What type of emotions did you and your parents experience?

Overview

Today is the first in a new series entitled, *Crazy*. We will discuss, over the next few weeks, how we can step out of the craziness and find calm in the chaos of life. We will learn how to handle the type of stress that includes the pressures of life and how one reacts and copes with these pressures.

Word and Application

At some time in our life, we have all experienced the feeling of the “weight of the world” on us. Maybe it feels you don’t have enough time to accomplish all you need to get done each day. It could be you can’t figure out how the paycheck will cover all the bills. Whatever you may be experiencing in the season it comes down to one thing--stress. Stress can come from various areas of our daily living such as poor eating or air pollution. Stress is what we feel when we become aware of the gap between our expectations and our reality. Some may turn to addictive behaviors like drugs or alcohol or even shopping to cope. However, none of these are solutions. The ultimate solution comes only from God. Let us learn and discuss some ways that Jesus demonstrated how He dealt with stress.

Five Secrets Of Stress Management:

1. Identification - *Jesus knew who He was and what He was living for.* Jesus gives us a model as the first principle of stress management. He was secure in His identity. He modeled this to us with 18 statements in the Bible where He defines Himself with “I am.” We need to do the same. We need to know who we are and who we are not. When we become less dependent upon the approval of others then we know who we are. **Read John 5:30.** Jesus didn’t need the approval of others.

- Most of us know not to live to please others, but how do we practically apply this to our daily lives?
- How can living for an audience of One and bring peace into the craziness of life?

2. Concentration - *Jesus knew what mattered most and understood His calling.* We must wake up each day knowing what matters most. Jesus was the master of concentration. His focus was like a laser on what the Father wanted Him to do. When light is diffused, it has no power at all.

But light that's focused has enormous power. Focused light, like a laser, can cut steel and kill diseases. If we want our lives to matter, we need to become masters at focusing the light. **Read Luke 9:51 & 1 Corinthians 10:23.**

- What do these Scriptures say about how not to feel frustrated as we wake each day?

3. Meditation - *Jesus listened to God.* To reduce our stress we need to learn to be still before God and listen to God. This is the Principle of Meditation. **Read Luke 5:15-16.** Jesus literally had the weight of the world on His shoulders and still made time to be alone with His Father. He made this a habit. Creating intentional times of quietness alone with God is a must each morning.

- What does your daily time with God look like?
- What do you need to move around in your daily schedule so you are able to get this same quality time with God as Jesus modeled for us?
- How would your daily life improve if you applied this each morning?

4. Collaboration - *Jesus did life with a Small Group.* When we connect to others, they can help us navigate life challenges. The statement we've all heard before, "If you need to get something done right, do it yourself," promotes a thought process that is a recipe for stress and not success. **Read Matthew 26:38.** Jesus didn't need His Small Group's advice--He just needed their presence.

- How has this Small Group helped you personally?

5. Recreation - *Jesus took time to recharge.*

Read Mark 6:31. Yes, even Jesus took time to relax. God modeled this for us for the Sabbath day of rest when He created the world!

- In a typical week do you have a day to fully rest?
- How different would your life be if you were to incorporate a Sabbath day of rest?
- Is there something you can eliminate for a season in order to get the proper rest that is needed?

Life Challenge

Which of these 5 areas of stress management do you need to apply most to your life for the biggest impact of peace in your everyday life?

Prayer

Dear Lord - Thank you Lord for modeling how to live my daily life. Thank You that amid the crazy in each day, I can look to you for peace. Open my eyes and ears in what I need to change each day that can bring peace so I can fully live out the assignment You have for me and to have the greatest impact on those around me. Pray for the specific needs of the group.