I. Seek Him
   Matthew 6:33; Matthew 22:36-40

   I - Psalm 119:36
   O - Psalm 119:18
   U - Psalm 86:11
   S - Psalm 90:14

   Jeremiah 17:9       Galatians 5:22,23       Matthew 6:21

II. Trust Him
   Proverbs 3:5,6; Proverbs 14:4; Jeremiah 10:23; Matthew 11:28-30; Isaiah 30:15

III. Obey Him
   II John 6; Matthew 28:19,20; John 14:23; Psalm 119:45; Romans 12:13;
   I Peter 4:9,10; Philippians 2:3,4; Hebrews 4:16

Proverbs 3:3,4 says “Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart. Then you will win favor and a good name in the sight of God and man.”
What Makes Life So Hectic?

1. Reflect for a moment on a recent hectic day. List the events and circumstances that conspired to make it overloaded.

2. What other factors in your lifestyle or culture contribute to a sense of life being too hectic?

3. How do you tend to react when you have too much to do and too little time?

You’re Not Alone.

4. Mark 6:30-56 describes a roughly 24-hour segment of Jesus’ life. What phrases describe the extent of His busyness?

5. What was His solution to His pressured schedule?

6. How does Jesus describe the condition of many believers in Mt.11:28-30?

7. What in your life causes you to become weary and burdened?

8. What invitation does Jesus offer in Mt.11:28-30?
   
   *Note: A yoke distributes a burden and thus enables an ox to handle heavier loads with less weariness.*

9. What promise does Jesus make to those who accept His invitation?

10. In what specific ways can you respond to Jesus’ invitation to “Come to Me”? As you answer this question, try not to simply add more activities to your already crammed schedule. Consider how you can maximize pockets of time you already have.
   
   *Example: When I commute to work this week, I’ll listen to worship music instead of talk radio.*
11. Our multifaceted lives seem to require multiple priorities. We prioritize the demands of family, career, home maintenance, fitness, church, etc. Some priorities are imposed on us, e.g., renewing a driver’s license in time. Other priorities reflect our values and needs. Consider how you spend your time. What does your time usage say about your values? What Does it Say About Your Needs?

12. In Mk. 12:28, a very religious person asked Jesus a question about priorities. What did he want to know?

13. How did Jesus answer him (vv. 29-31)?

14. When thinking about your list of activities, which ones fall into the category of loving God? Loving Your Neighbor?

15. What additional insights does Mt. 6:25-33 give about Jesus’ perspective on priorities?

16. Many of your priorities may be right in line with Jesus’ teaching. Some may need evaluating. What changes would you like to make in light of Mt. 6:25-33 in how you spend your time and energy?

**Know When to Quit.**

17. What did God do in Gen. 2:2-3 that we often fail to do?

18. A Sabbath is a time to quit, to cease striving. Imagine a day in which you truly “Cease Striving.” Describe what such a day might look like.

19. If it has been a long time since you’ve known a real Sabbath, you may want to commit here to follow God’s example within the next seven days. “I hereby declare _________ to be a Sabbath day in which I will cease striving and enjoy God’s rest.”

Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill fitting on you. Keep Company with me and you’ll learn to live freely and lightly. —Mt. 11:28-30 The Message