

How To Stop Being So Tired, Anxious, and Busy
Just Jesus Wk. 3
Pastor Eric Nelson

Community Group Questions:

1. On a scale of 1-10, how busy are you?
 2. Look at the 3 columns above of anxiety, busy, and tired. What contributes most to you feeling anxious, busy, or tired?
 3. Read Hebrews 4. What can we learn about rest from this passage?
 4. How do you rest in Christ? Explain your answer.
 5. Look at the 4 restful practices and the quote by Ortberg. How can this push aside anxiety, busyness, and tiredness?
 6. Can you take the 12 minute challenge this week? Be ready to share next week how it impacted your week.
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Hebrews 4:1 *Therefore, since the promise of entering his rest still stands,...*

ANXIETY forces busyness which produces tiredness which causes more anxiety.

JESUS is already God which frees us from the busyness of playing God which produces a rest in God which causes more trust in God which deepens our rest in God.

Hebrews 4:1-2 *Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it. 2 For we also have had the good news proclaimed to us, just as they did; but the message they heard was of no value to them, because they did not share the faith of those who obeyed.*

A restful life is a **CAREFUL** life.

Hebrews 4:3-4 *Now we who have believed enter that rest, just as God has said, "So I declared on oath in my anger, 'They shall never enter my rest.'" And yet his works have been finished since the creation of the world. 4 For somewhere he has spoken about the seventh day in these words: "On the seventh day God rested from all his works."*

Hebrews 4:5-7 *And again in the passage above he says, "They shall never enter my rest." 6 Therefore since it still remains for some to enter that rest, and since those who formerly had the good news proclaimed to them did not go in because of their disobedience, 7 God again set a certain day, calling it*

“Today.” This he did when a long time later he spoke through David, as in the passage already quoted: “Today, if you hear his voice, do not harden your hearts.” 8 For if Joshua had given them rest, God would not have spoken later about another day. 9 There remains, then, a Sabbath-rest for the people of God; 10 for anyone who enters God’s rest also rests from their works, just as God did from his.

Matthew 11:28-30 *“Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light.*

Jesus wants you to know this personally:

I run the universe, nothing is outside of my sovereign will.

I justify your worth, nothing you do makes you more valuable to me.

I want you to put me first because I love you.

I satisfy your desires, you won’t miss out with me.

I am asking you to live differently than others.

I created you to have rhythm for people and for pause.

4 Restful Practices:

1. Pause: **REFOCUS**
2. Prayer: **RELABEL**
3. Passage: **REFRAME**
4. Purpose: **RE-VALUE**

To choose to live an unhurried life in our day is somewhat like taking a vow of poverty in earlier centuries; it is scary. It is an act of faith. But there are deeper riches on the other side. John Ortberg

Anxiety is largely a learned habit that can be unlearned through the right practices. J.P. Moreland

HW: 12 Minute Challenge

Hebrews 4:13 *Nothing in all creation is hidden from God’s sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account.*