

Crazy Busy

Going from burnout to balance

Sunday, January 19, 2014

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desert breeze
community church



Sermon Notes

“Messiah Complex”

The more you understand the significance of God completely giving His life for you, the more you can't help but want to completely live your life for Him. How do you find balance between doing nothing and doing everything?

Matthew 11:28-30

What is the Messiah Complex?

- 1) It is a failure to turn to Christ, give up control and learn to trust.
V28 Come to me... v29 Take my yoke...learn from me
- 2) It is trying to do what God does not expect you to do. V29 Take my yoke...
- 3) It is doing what God expects you to do apart from His empowering presence. V28 Come to me... v29 Learn from me...
- 4) Either way this will result in very little margin—which is the space between my load and my limit. V29...and you will find rest for your souls.
- 5) Margin will give you peace of mind, better health, stronger relationships and available for God to use. V30 For my yoke is easy, and my burden is light.

How do you calm the Crazy Person Inside?

- 1) I am not the Christ. John1:20
- 2) There is good news. Rom1:16
- 3) Care is not the same as do. Gal6:2, 5
- 4) We have different gifts and different callings. 1Pet4:10
- 5) Remember the Church. Matt16:18-19; Acts1:8
- 6) I can always pray right now. 1Thess5:17
- 7) Jesus didn't do it all. Mark 1:35-39

We all have a cross to carry. It's a cross that says I'll do anything to follow Jesus, not a cross that says I have to do everything for Jesus.

Growing Notes

1) Why is it true that the more you understand the significance of God completely giving His life for you, the more you can't help but want to completely live your life for Him? Why do you think that the church tends to be made up of two types of people: Those who are lazy, sleepy & stingy Christians who tend to take on very little responsibility and those who are active, alert & generous Christians who tend to take on too much responsibility?

2) Read Matthew 11:28-30. What do you think it means to “Come to me” (v28), “take my yoke...and learn from me” (v29)? How would doing what God does not expect you to do (v29 Take my yoke...) or trying to do what God expects you to do apart from His empowering presence (v28 Come to me...v29 Learn from me...), create a crazy busy lifestyle?

3) What is margin? What happens when your load exceeds your limit physically, emotionally, spiritually, marriage, parenting, work, finances, etc.? What are the benefits of margin? What does it mean to “find rest for your souls” (v29) and that Jesus says, “My yoke is easy, and my burden is light” (v30)?

4) Review the list of seven points from the sermon notes on “How to Calm the Crazy Person Inside”. Which ones most resonate with you? How can you become a more balanced person? We all have a cross to carry. It's a cross that says I'll do anything to follow Jesus, not a cross that says I have to do everything for Jesus. Explain. Pray Matthew 11:28-30.