

Introduction

After learning from Jesus' example and the need to grow in our self-awareness, we wrapped up our *Becoming the Person Others Turn To* series by addressing one of the most common topics and areas of concern in our lives – busyness. But instead of simply addressing the “busyness issue” we all seem to have, Pastor Jesse made the case that busyness is actually a symptom of a larger problem – control. Let's keep digging into this teaching by putting it to the test in our own lives.

Discussion

1. How would you gauge your busyness these days? Are you running from one thing to the next? Scrambling for a free moment for yourself? When you think about your calendar, what emotion stirs up in you? Share where you are with your group.
2. How much of your schedule would you say you have control over? Then, take a moment to consider if your answer is true. Is there more you could change or adapt than you'd think at first glance? Why or why not? If you feel overly-protective of your calendar/busyness, why might that be the case?
3. If control is the real problem, it's not truly a calendar issue – it's a heart issue. Imagine you suddenly had a free hour-and-a-half in your schedule. What does your heart jump to first? Do you want to fill that margin with some time with Jesus, other people, or helping others? Or with things you want or (or feel you need) to do? Why or why not?
4. **Revisit and read Luke 10:25-36.** The story of The Good Samaritan shows being neighborly isn't just being “nice”; it's being loving. Would you describe your interactions with your Little Iowa – your neighbors and those closest to you – as nice or loving these days? Why or why not?
5. Spend time honestly answering and unpacking this question (remember, your group is a safe place to share together): Do you trust Jesus to control your calendar?
6. **Revisit and read Matthew 16:24-25.** A part of following Jesus – living a life where what we believe about Him and how we live with Him actually match up – is denying ourselves. What of your priorities or calendar items might you need to surrender so someone else can jump to the top of your list? Share what might need to change and who it might make time for in your life.

Application

There is all kinds of grace as we grow with Jesus to release the control of our lives to His priorities and values. Every single one of us has room to grow, and He will meet us right where we are. You can be confident that as you surrender your heart to Jesus, He will begin to confront and transform you (and your calendar) so you can become more like someone others can turn to.

- **Surrender your heart (again).** Tell Jesus you trust Him. Or be honest with Him and say you want to trust Him, but you're stuck. Or scared. Or stubborn. He wants to have a real conversation with you and will meet you right where you are. Then, have this conversation again later in the day. And the next day. Keep going back to Jesus.
- **Make one change.** Technically, you can change anything on your calendar (seriously). It may require different levels of creativity, conversations, or surrender, but you really can make space and time. Let your time with Jesus and conversation with your group inform one shift in your calendar so you can make time for someone else (and let it be driven by your heart rather than a sense of obligation).