



## BUSY, BURDENED & BURN OUT

### ICEBREAKER

- On a scale from 1 to 10 (ten being the busiest), how busy do you feel right now?

### DISCUSSION QUESTIONS

1. When you think of Scripture, do you consider it your go-to-guide for all things care: Spiritual care? Physical care? Emotional care? Mental care?
2. Looking at the story in Luke 10:38-42, do you see yourself as a stereotypical Martha or a Mary? Please explain.
3. What things do you notice about yourself when you get busy & burdened, stressed & overwhelmed, etc.?
4. What practical tips can you share with the group that helps you with the busy seasons of life, burdensome weeks and those times of burn out?
5. When you begin to ask yourself the question, "What is better?", when looking at your calendar, schedule, etc. do you think this question will help you manage your time more efficiently?

### NEXT STEPS & PRAYER REQUESTS

- With every calendar event, sport schedule, thing to do, begin to ask yourself the question: What is better?