

Overstimulated & Under-Aligned

Connect Group Guide - 1.4.26

Opening Prayer

Icebreaker

Share one thing you said "yes" to during the holidays that left you exhausted, and one thing you wish you had said "no" to.

Key Scripture

- Luke 10:38-42

Key Takeaways

- **Alignment over overload:** We don't need more activity; we need more intentional obedience.
- **Relationships matter most:** Jesus values relationships over religion, obedience over appearance, and presence over performance.
- **Strategic no's protect important yes's:** Saying no to lesser things protects the greater ones.
- **Abundant life isn't loud or chaotic:** It flows from alignment with Jesus.
- **Jesus is the one thing:** When we put Him first, everything else falls into place.

Discussion Questions

Part 1: The One Thing That Matters

1. **Martha vs. Mary:** In the story, Martha was busy serving while Mary sat at Jesus' feet. Why do you think Jesus said Mary chose "what is better"? How does this challenge our view of productivity and service?
2. **Presence Over Performance:** Pastor Mike said, "Jesus never asked us to do more. He just asked us to follow closer." What does this mean practically in your daily life?
3. **What's Pulling at You?** What are the loudest voices demanding your attention right now? How do they compare to Jesus' calm invitation to "come to me"?

Part 2: The Power of Strategic No's

4. **First Implies Order:** Discuss Matthew 6:33 - "Seek first his kingdom and his righteousness." What does it mean to put Jesus "first" in your life? What currently comes before Him?
5. **Every Yes Costs Something:** Pastor Mike said every yes costs you time, focus, energy, and calling. Think of a recent "yes" you gave. What did it cost you? Was it worth it?
6. **Jesus Said No:** Jesus left Capernaum even when people needed healing (Mark 1). Why was this hard? When has God asked you to say "no" to something good in order to say "yes" to something better?

Part 3: Protection Through Boundaries

7. **No as Protection:** How can saying "no" actually protect what matters most in your life? Share an example of when a "no" protected something important to you.
8. **Unhealthy Patterns:** Pastor Mike listed several things we need to say no to: unhealthy relationships, constant availability, comparison, and habits that numb but don't heal. Which of these resonates most with you? Why?

Part 4: Living Intentionally

9. **Full vs. Fulfilled:** "A full calendar does not equal a fulfilled life." How do you respond to this statement? How can you tell the difference between being busy and being fulfilled?
10. **Three Key Questions:** Reflect on these questions Pastor Mike posed:
 - What's draining me that Jesus never demanded?
 - What am I carrying that God never assigned?
 - What would change if I said no in order to protect my yes?

Practical Applications

This Week's Challenge:

Choose ONE of the following to implement this week:

1. **Daily "One Thing" Practice:** Spend 15 minutes each morning sitting at Jesus' feet (prayer, Bible reading, quiet time) BEFORE checking your phone or starting your to-do list.
2. **Audit Your Calendar:** Look at your commitments for the next month. Identify one thing you need to say "no" to that God never assigned. Have the courage to cancel or decline it.

3. **Set a Boundary:** Choose one area where you need better boundaries (social media time, work hours, saying yes to every request, etc.) and establish a specific boundary this week.
4. **Ask Before Planning:** Before finalizing your plans for 2026, ask God: "Is this something You authored, or something I need the courage to cancel?"

Leader Notes

- Be prepared for honest discussions about burnout and overcommitment—this may be a sensitive topic for some.
- Encourage vulnerability by sharing your own struggles with saying no.
- Remind the group that this isn't about guilt but about freedom and alignment.
- Some may need to discuss church involvement—affirm that even church activities need to be evaluated for proper alignment.
- Close with encouragement: Jesus wants to set us free, not make us busier.

Prayer Requests & Closing