

Letting  
Go...  
of **THE FRENZIED LIFE**

*“Come to me, all you who are weary and burdened, and I will give you rest.”*

*—Matthew 11:28*

Busy, stressed, exhausted—seem to be the words that continually describe our lives. We are always in a hurry with our cRaZy schedules, we are tired, over-committed, and stressed because of it! How can we survive? This frazzled condition looms over young and old and shows up at **ALL** different stages of life.

We are so busy trying to get somewhere that we miss the blessing of actually being there. Do you remember when you were a child you couldn't wait to be a grown-up and now that you are grown up you wonder why you didn't cherish the carefree days of youth? Have you spent hours cleaning, cooking, and preparing for a special day only to be exhausted and grumpy for the actual event?

We need to figure out how to get rid of the things that are entangling us (Hebrews 12:1) and learn how to live with purpose. We need to realize that time is a precious commodity and that the JOY of the Lord is our strength (Nehemiah 8:10) as we seek to live in the center of His will and find our rest in Him.

What are some things that can cause you to live in the frenzied side of life?

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Read Hebrews 12:1. What does this verse tell us we need to do? \_\_\_\_\_

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**Prioritize:** What lesson can we learn from the passage in Luke 10:38-42?

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**Rest:** Jesus gives us the simple solution to the frenzied life, what does Matthew 11:28-30 say?

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According to the following verses, what are we to do when we become weary with our crazy life schedules? And what is promised as a result of your obedience to the Word?

Psalm 23:2-3 \_\_\_\_\_

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Psalm 46:10 \_\_\_\_\_

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Psalm 16:8-9 \_\_\_\_\_

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Isaiah 40:28-31 \_\_\_\_\_

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Matthew 6:33 \_\_\_\_\_

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**How can you prevent a life of “chasing the wind” and instead enjoy a life of tranquility?**

*“Better one handful with tranquility than two handfuls with toil and chasing after the wind.”  
—Ecclesiastes 4:6*

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**Plan:** Another way to help in letting go of the frenzied life is by having a plan. What do the following verses say about plans?

Proverbs 15:22 \_\_\_\_\_

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Proverbs 19:21 \_\_\_\_\_

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Proverbs 21:5 \_\_\_\_\_

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Psalms 33:11 \_\_\_\_\_

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How do the following verses from Psalms change your perspective on your day-to-day life?

Psalms 90:12 \_\_\_\_\_

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Psalms 39:4-5 \_\_\_\_\_

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**Purpose:** We're not promised tomorrow, so we need to live with PURPOSE today! To transform your life from frenzied to free, you have to make it your goal to be purposeful. How do the following verses encourage you to be purposeful?

Ephesians 5:15-16 \_\_\_\_\_

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What kind of examples can you apply this concept to in your own life? \_\_\_\_\_

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How does Colossians 3:23 encourage you to live with purpose? \_\_\_\_\_

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According to James 4:13-15 and Mark 14:36, what needs to be a priority in our lives? \_\_\_\_\_

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Look up Colossians 1:9-12. This is an amazing example of how we can be intentional about praying for others. What specific qualities is Paul petitioning God for those in Colossi?

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How can this change the way you pray for others? \_\_\_\_\_

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**Persevere:** We can't give up... we MUST persevere! The second part of Hebrews 12:1 says we are to run this race of life how?

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According to Philippians 3:12-14, How does Paul exemplify the attitude of perseverance? And how can you follow in his steps? \_\_\_\_\_

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What promises are found in Galatians 6:9 and James 1:12 as a result of persevering? \_\_\_\_\_

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### **Wrap up:**

I must let go of the \_\_\_\_\_ life and live with \_\_\_\_\_ and an \_\_\_\_\_ perspective.

## Passage Index (NIV 1984 unless otherwise stated)

**Hebrews 12:1** *“Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us.”*

**Luke 10:38-42** *“As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. <sup>39</sup> She had a sister called Mary, who sat at the Lord’s feet listening to what he said. <sup>40</sup> But Martha was distracted by all the preparations that had to be made. She came to him and asked, ‘Lord, don’t you care that my sister has left me to do the work by myself? Tell her to help me!’ <sup>41</sup> ‘Martha, Martha,’ the Lord answered, ‘you are worried and upset about many things, <sup>42</sup> but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.’”*

**Matthew 11:28-30** *“Come to me, all you who are weary and burdened, and I will give you rest. <sup>29</sup> 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. <sup>30</sup> For my yoke is easy and my burden is light.”*

**Psalms 23:2-3** *“He makes me lie down in green pastures, He leads me beside quiet waters, <sup>3</sup> He restores my soul. He guides me in paths of righteousness for his name's sake.”*

**Psalms 46:10** *“Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”*

**Psalms 16:8-9** *“I have set the LORD always before me. Because he is at my right hand, I will not be shaken. <sup>9</sup> Therefore my heart is glad and my tongue rejoices; my body also will rest secure...”*

**Isaiah 40:28-31** *“Do you not know? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. <sup>29</sup> He gives strength to the weary and increases the power of the weak. <sup>30</sup> Even youths grow tired and weary, and young men stumble and fall; <sup>31</sup> but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”*

**Matthew 6:33** *“But seek first his kingdom and his righteousness, and all these things will be given to you as well.”*

**Proverbs 15:22** *“Plans fail for lack of counsel, but with many advisers they succeed.”*

**Proverbs 19:21** *“Many are the plans in a man's heart, but it is the LORD's purpose that prevails.”*

**Proverbs 21:5** *“The plans of the diligent lead to profit as surely as haste leads to poverty.”*

**Psalms 33:11** *“But the plans of the LORD stand firm forever, the purposes of his heart through all generations.”*

**Psalms 90:12** *“Teach us to number our days aright, that we may gain a heart of wisdom.”*

**Psalm 39:4-5** “Show me, O LORD, my life's end and the number of my days; let me know how fleeting is my life. <sup>5</sup>You have made my days a mere handbreadth; the span of my years is as nothing before you. Each man's life is but a breath.”

**Ephesians 5:15-16** “Be very careful, then, how you live—not as unwise but as wise, <sup>16</sup>making the most of every opportunity, because the days are evil.”

**Colossians 3:23** “Whatever you do, work at it with all your heart, as working for the Lord, not for men...”

**James 4:13-15** “Now listen, you who say, ‘Today or tomorrow we will go to this or that city, spend a year there, carry on business and make money.’ <sup>14</sup>Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes. <sup>15</sup>Instead, you ought to say, ‘If it is the Lord's will, we will live and do this or that.’”

**Mark 14:36** “‘Abba, Father,’ He said, ‘everything is possible for you. Take this cup from me. Yet not what I will, but what you will.’”

**Colossians 1:9-12** “For this reason, since the day we heard about you, we have not stopped praying for you and asking God to fill you with the knowledge of his will through all spiritual wisdom and understanding. <sup>10</sup>And we pray this in order that you may live a life worthy of the Lord and may please him in every way: bearing fruit in every good work, growing in the knowledge of God, <sup>11</sup>being strengthened with all power according to his glorious might so that you may have great endurance and patience, and joyfully <sup>12</sup>giving thanks to the Father, who has qualified you to share in the inheritance of the saints in the kingdom of light.”

**Hebrews 12:1** “Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us.”

**Philippians 3:12-14** “Not that I have already obtained all this, or have already been made perfect, but I press on to take hold of that for which Christ Jesus took hold of me. <sup>13</sup>Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, <sup>14</sup>I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.”

**Galatians 6:9** “Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”

**James 1:12** “Blessed is the man who perseveres under trial, because when he has stood the test, he will receive the crown of life that God has promised to those who love him.”