

# HOME GROUP

## Leader Guide



**TOO BUSY NOT TO...  
JANUARY 25, 2015  
AM I INSANE?**



## **SHARE THE VISION (<10 minutes)**

As you start your group time, please be sure to discuss the following important topics listed below. This is key to keeping OneLifers informed.

### **WE BELIVE**

We Believe is a unique presentation where parents and kids learn what it means to have a personal relationship with Jesus Christ. The next We Believe presentation is on October 26th after the second service at both campuses. To sign up or for more information, email [kids@onelifeknox.com](mailto:kids@onelifeknox.com).

### **TEST DRIVE**

Ready to become a OneLife Volunteer? Sign up for Test Drive, a volunteer interest meeting, on February 1st. For more information and to sign up, email your campus' connection director or fill out the form at [www.onelifeknox.com/volunteer](http://www.onelifeknox.com/volunteer)

Already a volunteer? Help others get involved on a volunteer team by shoulder tapping those around you and inviting them to join you as you volunteer. All you need to do is invite them to Test Drive in February.

### **SUMMER CAMP – ALREADY?**

Summer is still many months away, but it's already time to make plans for your child to attend summer camp. Kids in 3<sup>rd</sup> grade and above are going to Centri-Kids Camp in Cleveland, TN and middle and high school students are headed to Panama City Beach, FL.

Registration is now open and deposits are due soon. For all the information and to sign up, go to [www.onelifeknox.com/camp](http://www.onelifeknox.com/camp).

### **EACH ONE REACH ONE**

This year, we're challenging all OneLifers to reach their friends and family – we're calling it "Each one, reach one." If each person invited just one other person to church with them, we'd begin to reach our community for Jesus in a hurry.

In the lobby at each location are brand new plexi-glass panels where you can write the names of those that God has called you to reach. These glass panels serve as a reminder of our goal for each one to reach one.

## KEY SCRIPTURES FOR THE WEEK:

### 1 John 4:13-18 (NLT)

<sup>13</sup> And God has given us his Spirit as proof that we live in him and he in us. <sup>14</sup> Furthermore, we have seen with our own eyes and now testify that the Father sent his Son to be the Savior of the world. <sup>15</sup> All who confess that Jesus is the Son of God have God living in them, and they live in God. <sup>16</sup> We know how much God loves us, and we have put our trust in his love.

God is love, and all who live in love live in God, and God lives in them. <sup>17</sup> And as we live in God, our love grows more perfect. So we will not be afraid on the day of judgment, but we can face him with confidence because we live like Jesus here in this world.

<sup>18</sup> Such love has no fear, because perfect love expels all fear. If we are afraid, it is for fear of punishment, and this shows that we have not fully experienced his perfect love.

### Matthew 6:34 (NLT)

<sup>34</sup> “So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today

## DISCUSSION QUESTIONS FROM HANDOUT (35 Minutes)

### Jog Your Memory:

- You're too busy NOT to live without worry and regret
- Being busy is normal. (Genesis 3:17)
- Some of us go to an insanely busy level. Why do we do this?
- Often, because of worry. Insane busyness distracts us from what we are worried about or what we regret from our past.
- Insane busyness leads to a cycle of insane busyness
- The Holy Spirit casts out fear and deals with regret.

- 1. How would you define a healthy level of busyness? How would you define an “insane” level of busyness? Is the “insane” threshold different for different people? Why or why not? Have you or are you living at an insane level of busyness? How did you handle this?**

Busyness is something that we can all discuss. Try to use this easy question to get everyone in the room talking, at least describing their experience with busyness.

Try to draw out the distinction between healthy busyness and insanity. There will be a wide range of opinion on this topic, and that is completely ok.

- 2. Read 1 John 4:11-18. What are some words or phrases that are repeated throughout this passage? What does the passage say is evidence that God lives in us? Have you ever known someone who genuinely loved other people? What was it about them that made them so loving? How did it impact your relationship with them?**

“Love” seems to be a prevailing theme in this passage. As people share examples of others they know who've exhibited love to them, help connect the dots that God loved us first, and we're able to truly love others as a result of His love.

If God lives in us, we're able to reflect this love to others, and it's the Holy Spirit that makes this kind of love possible (v. 13).

- 3. Re-read verses 17-18. What do these verses say about fear and regret? When does fear recede? When does fear creep in? Why? Based on these verses, how did fear and regret play a role in your personal life before Jesus? How does fear fuel busyness in life? What would your life look like if you continued to develop a “more perfect love” (v. 17) with the Holy Spirit? What would be your new legacy?**

As we live with God, love strengthens and drives out the fear that God is angry at us and will reject us. If fear prevails in our life, what does that expose about our hearts?

Ask the group to think about it in other familiar terms like the relationship between a good father and his son/daughter. If perfect love exists between the parent/child, the child doesn't fear that the parent will reject him/her, even when the parent has to discipline the child.

- 4. How has the 60-60 Experiment been going? Has it been easier or harder than expected? As you've taken time to pray throughout the day, what have you noticed about your awareness of the presence of God in your life? How has this experiment caused you to see other people differently? Have you sensed any promptings from God to do things or have a conversation with anyone? Explain.**

The 60-60 Experiment is a challenge to stay connected to the Father by talking with God for at least 60 seconds every hour. Set a reminder on your phone or watch to go off once each hour and when you're reminded, take 60 seconds to tell God what's most on your mind. Make the most of every opportunity throughout the day to connect with God, despite how busy you might be.

**END YOUR TIME PRAYING TOGETHER (10 Minutes)**