

# BREATHE ... *again*

## #3 Light and Easy

### Introduction

If we desire to breathe again in some area of our lives - especially our spiritual lives, then we also have to deal with the very thing that can be responsible for sucking the life out of us. Many people are spiritually “winded” by the way we live our lives - no air, sprinting from one thing to another, cramming yet another event into our overly-stacked schedule, and working when we should be resting. The problem is, the culture that we are shackled to, values the very issue we need to deal with - busyness. What choices will we make in order to create the margin we need to rest in God?

### Ice Breaker

When asked: “What have you been up to?” ... when was the last time you were able to honestly say: “**Nothing**”!?

### Talk about it

1. How aware are you of your own capacity to carry a load? Where is your “Plimsol” line? Could your life be described as “light and easy” or “heavy and difficult”?
2. Quote: “*The brain – if you traumatise it, put it under threat, it shuts down thinking and creativity and turns up the juice on reacting.*” Dr Henry Cloud. Why is it important for us to be creative? What part does rest play in this?
3. Many of us are caught up in the constant push for more. Why? Read Ecclesiastes 4:6; Proverbs 20:25. What do you say “yes” to before considering the consequences?
4. Most Christians ignore God’s command to take a Sabbath, calling it “Old Covenant”. Why do you think this happens and people don’t honour a sabbath day in their lives? Is it Old Testament or a principle to be observed today? why? (see Exodus 20:9-10)
5. Read Mark 6:31. What important phrases stick out to you in this passage? What might this principle look like for you?
6. Read Matthew 11:28-30. How is this passage reflective of your life? What needs to change for you, for your life to be light and easy as Jesus promised?

### The Next Step

Trimming things out of our lives, and learning to say “No” so that we can spend time with God, family and friends, can be one of the most difficult, yet freeing things that we can do. Talk with you family, group, spouse or significant other, as to what you might be able to do in order to bring balance back, create margin, and live light and easy.

### Verse to remember...

The LORD is my shepherd, I shall not be in want. He makes me lie down in green pastures, he leads me beside quiet waters, **he restores my soul.**” (Psalms 23:1–3 NIV)