

REDLINED • WEEK 1: OVERLOAD

Mixed LIFE GROUP

STEP 1 FIND YOUR TABLE AND ANSWER THE ICEBREAKER

Go around the table. One quick answer each.

What is something you were sure you had to have, and then barely used?

STEP 2 SERMON RECAP

Watch the recap video together, then read the summary below.

Sunday launched Redlined, a series about lives running too much, too fast, for too long. Like an engine held in the red, a lot of people are wearing out their families, their health, and their walk with God trying to keep up. Here is the sermon in five lines:

1. **The Big Idea:** We redline our lives when we demand more than God asks and more than this world gives.
2. **Problem 1: Demanding more than God asks.** "No soldier gets entangled in civilian pursuits" (2 Timothy 2:4). When nice-to-haves become have-to-haves, the extra demands redline your life.
3. **Solution 1: Trade your demands for His design.** Jesus' yoke is His authority and teaching, and it is kind, not crushing (Matthew 11:28-30).
4. **Problem 2: Demanding more than this world gives.** God put eternity in your heart, but your life is a mist (Ecclesiastes 3:11; James 4:13-14). You cannot cram eternity into eighty years.
5. **Solution 2: Eternal life with the Person you were made for.** What you are really longing for is found only in Jesus (John 3:16).

STEP 3 ACCOUNTABILITY AND CHECK-IN

Go around the table. Keep each answer to about one minute.

- How did it go with the "I Will" statement you made last week? What were the key ingredients of success or failure? (1 minute)
- What is one thing you are thankful for this week? (1 minute)
- What is one challenge you are facing right now? (1 minute)

STEP 4 ONE PERSON READS IDEA 1 ALOUD

Do not discuss until the end. While this is read, circle or star anything God points out (John 16:8, 13).

IDEA 1: Good things become entanglements when they become have-to-haves

2 Timothy 2:3-4

Share in suffering as a good soldier of Christ Jesus. ⁴ No soldier gets entangled in civilian pursuits, since his aim is to please the one who enlisted him.

Civilian pursuits are not sins. A newer vehicle, a hobby, a side business, and a promotion are all fine things. The problem starts when a nice-to-have becomes a have-to-have and begins taking the time, money, energy, and focus that belong to the specific mission Jesus enlisted you for. A soldier tangled up in side projects has radically reduced impact in the fight.

WHAT GETTING ENTANGLED LOOKS LIKE:

- **Negative:** A single mom working as a CNA picks up weekend shifts to afford an apartment in the "right" school zone. Now her kids spend every Saturday with a sitter, and the reason she moved was to give them more of her, not less.
- **Positive:** A married dad is offered a promotion that would add two late evenings a week at the office. He and his wife sit down, count what the family would lose, and he turns it down.
- **Easy to justify:** A woman in her forties has not bought anything new. Her entanglement is keeping up appearances online: every event photographed, every birthday a production, and a family that has started to dread her planning.

SAMPLE "I WILL"

I will sit down by Friday night, alone or with my spouse, go through every commitment on my calendar this month, and cut or postpone one that God has not asked of me. I will tell one person in this group which one I cut.

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STEP 5 A SECOND PERSON READS IDEA 2 ALOUD

Do not discuss until the end. While this is read, circle or star anything God points out (John 16:8, 13).

IDEA 2: Jesus trades your demands for His design

Matthew 11:28-30

"Come to me, all who labor and are heavy laden, and I will give you rest. ²⁹ Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰ For my yoke is easy, and my burden is light."

A yoke was the wooden beam that put an animal's strength under its master's direction. Jesus is telling you to take His yoke instead of the ones culture, your peers, and your own ambition keep putting on you. "Easy" does not mean effortless; it means kind and good. His design still has work in it: loving God, loving your family, serving your neighbor starting with the church, and working hard and honestly at your job.

WHAT TRADING DEMANDS FOR DESIGN LOOKS LIKE:

- **Positive:** A single woman in her thirties realizes she joined three volunteer teams to prove she was not falling behind her married friends. She keeps the one at church, steps off the other two, and gets her evenings back.
- **Negative:** A husband says, "His yoke is easy and His burden is light," then uses that as a reason to skip serving on Sunday and leave the kids, the dishes, and the bills to his wife. Easy never meant effortless. That is not a yoke. That is a hammock.
- **Easy to justify:** A mom of two goes back to school at night for a nursing degree while working full time, and tells herself it is all for her family. When her teenager asks why she is never at dinner, she has to decide whether her current pace fits God's design or just her own timeline.

SAMPLE "I WILL"

I will draw the four circles from Sunday (God, family, neighbor, work) on Wednesday night, write my actual week inside them, and show my spouse, a roommate, or a friend one thing I am carrying that does not belong.

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STEP 6 A THIRD PERSON READS IDEA 3 ALOUD

Do not discuss until the end. While this is read, circle or star anything God points out (John 16:8, 13).

IDEA 3: You cannot cram eternity into a mist

Ecclesiastes 3:11

He has made everything beautiful in its time. Also, he has put eternity into man's heart, yet so that he cannot find out what God has done from the beginning to the end.

James 4:14

yet you do not know what tomorrow will bring. What is your life? For you are a mist that appears for a little time and then vanishes.

God built you for forever, but you get about seventy or eighty years on this side of the grave (Psalm 90:10). Anyone who forgets that timeline tries to squeeze eternity into the years they have, and that pace will redline them. The longing is not wrong; it is simply aimed at the wrong place. What you were made for is eternal life with Jesus (John 3:16), and it starts the moment you give Him your allegiance.

WHAT CRAMMING ETERNITY INTO AN 80-YEAR MIST LOOKS LIKE:

- **Negative:** A couple in their fifties with almost nothing saved is panicking about retirement. Instead of downsizing or selling the camper they rarely use, they both take every extra shift, snap at each other, and keep saying they will slow down once they are set.
- **Positive:** A single woman still keeps a bucket list, but it no longer runs her calendar. When a trip she saved two years for lands on the same weekend as her nephew's baptism, she goes to the baptism.
- **Hard to admit:** A divorced man in his thirties is not chasing stuff. He is chasing his parents' approval, trying to prove the career change and the student loans were worth it. It is costing him sleep, and it will never be enough.

SAMPLE "I WILL"

I will read John 3:16-21 on Thursday before work or class, write down one thing I have been trying to get out of this life that only Jesus can give me, and share it with someone in this group next week.

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STEP 7 NOW DISCUSS

Go around the table.

Which item that you circled or starred stood out to you most and why?

STEP 8 WRITE YOUR "I WILL" STATEMENT

Make it specific: a real action, a real day, and a real person if possible.

STEP 9 PRAY

Pray for the person on your right by name, and for the "I Will" they just wrote.