

REDLINED • WEEK 1: OVERLOAD

Seniors 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 camper, a winter place, a full volunteer calendar, and time with the grandkids 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:** One retired man says yes to every committee and volunteer role in town because he does not know who he is without a job. His calendar is fuller than when he worked, and his wife hardly sees him.
- **Positive:** A retired couple is urged to buy a winter place in Arizona like their friends did. They count the cost in money, travel, and time away from their church and grandkids, and decide against it.
- **Easy to justify:** One widow has not bought anything new. Her entanglement is keeping the big family house exactly as it was, and the upkeep is draining her savings and her strength.

SAMPLE "I WILL"

I will sit down by Friday, go through every commitment on my calendar this month, and cut or postpone one that God has not asked of me. I will tell my spouse or a friend 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 whatever God has put in front of you in this season.

WHAT TRADING DEMANDS FOR DESIGN LOOKS LIKE:

- **Positive:** One grandmother realizes she has become the family's free childcare five days a week and is too worn out to serve anywhere else. She lovingly cuts back to two days and joins a serving team at church.
- **Negative:** One retired man says, "His yoke is easy and His burden is light," and decides he has earned a break from all of it: no serving, no gathering, just the golf course. Easy never meant effortless, and there is no retiring from following Jesus.
- **Easy to justify:** A woman in her seventies still runs every family holiday the way she always has, every dish from scratch and every relative hosted. When her kids offer to take over, she has to decide whether this is love or a load God is no longer asking her to carry.

SAMPLE "I WILL"

I will draw the four circles from Sunday (God, family, neighbor, work) this week, write my actual week inside them, and show my spouse, one of my kids, 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:** One man in his late sixties is panicking about his bucket list. He is spending down his savings on trip after trip, afraid he will run out of time, and missing the grandkids' games to do it.
- **Positive:** One couple realizes their most influential years may be right now. They start having a younger couple from church over for dinner every month to pass on what they have learned.
- **Easy to justify:** One widower is not chasing stuff. He is chasing the past, replaying everything he should have done differently. It is costing him sleep, and it keeps him from the people God has put in front of him today.

SAMPLE "I WILL"

I will read John 3:16-21 on Thursday morning, 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.