

REDLINED • WEEK 1: OVERLOAD

Women's 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 women 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 remodeled kitchen, a side business, your kids' activities, 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:** One woman takes a part-time job selling skincare to pay for a kitchen remodel. Now every evening goes to her phone and her orders, and her kids have learned not to interrupt Mom while she is working.
- **Positive:** Another woman is asked to chair the school auction for the third year in a row. She knows it will swallow her fall, so she says no and offers to help for one night instead.
- **Easy to justify:** A third woman has not bought anything new. Her entanglement is keeping the house HGTV-ready at all times, and her family has started to feel like guests who might mess something up.

SAMPLE "I WILL"

I will sit down by Friday night, 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 husband or a friend 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:** One mom realizes her kids are in so many activities that the family has not eaten dinner together in weeks. She drops one activity per kid for the season and puts family dinner back on the calendar.
- **Negative:** Another woman says, "His yoke is easy and His burden is light," then uses that as a reason to stop serving on Sunday and skip anything inconvenient. Easy never meant effortless. That is not a yoke. That is a hammock.
- **Easy to justify:** A third woman runs herself ragged meeting every need at church, at school, and at home, and calls it serving. When her doctor tells her she is exhausted, she has to ask whether she has been carrying Jesus' yoke or everyone else's expectations.

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 husband 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). A woman who forgets that timeline tries to squeeze eternity into the years she has, and that pace will redline her. 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 woman in her fifties feels time running out, so she books trip after trip and fills every weekend. She comes home more tired than when she left, and she still feels behind.
- **Positive:** Another woman keeps a list of places she wants to see, but it no longer runs her calendar. When a planned trip lands on the weekend her grandson is baptized, she stays home to celebrate with him.
- **Hard to admit:** A third woman is not chasing stuff. She is chasing her mother's approval, still trying to prove she is a good enough daughter, wife, and mom. It is costing her sleep, and it will never be enough.

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 a woman 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 woman on your right by name, and for the "I Will" she just wrote.