

REDLINED • WEEK 1: OVERLOAD

Young Adult 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 nicer apartment, a side business, a travel fund, and a degree 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 young woman starts doing nails out of her apartment to afford a nicer place in a better part of town. Now her evenings and Saturdays belong to clients, and she has not seen her friends in weeks.
- **Positive:** Another young woman is offered a manager position that comes with constant weekend coverage. She talks it over with a mentor at church and turns it down for a role that leaves room for rest and community.
- **Easy to justify:** A third young woman has not bought anything new. Her entanglement is curating her life online: every outfit, coffee, and trip photographed and posted, and a constant low hum of anxiety about how it all looks.

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 one woman 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 or your classes.

WHAT TRADING DEMANDS FOR DESIGN LOOKS LIKE:

- **Positive:** One college student realizes she said yes to three campus leadership roles to build her résumé. She keeps the one she is actually gifted for, steps out of the other two, and gets her evenings back.
- **Negative:** Another young woman says, "His yoke is easy and His burden is light," then uses it as a reason to scroll until midnight and skip serving whenever she is tired. Easy never meant effortless. That is not a yoke. That is a hammock.
- **Looks fine, but:** A young mom with a toddler tries to keep up with the moms she follows online: homemade everything, a spotless house, and a side business. When she breaks down crying at dinner, she has to ask whose design she has been following.

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 roommate, 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 young woman feels like she is falling behind every friend who is engaged, married, or buying a house. She fills every weekend with events and trips so she does not have to feel it.
- **Positive:** Another young woman keeps a list of places she wants to travel, but it no longer runs her budget. When a friend's wedding lands on the weekend of a trip she had planned, she goes to the wedding.
- **Hard to admit:** A third young woman is not chasing stuff. She is chasing her mom's approval, trying to prove her career choice, or her singleness, is okay. It is costing her 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 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.