

Next Steps

“**Next Steps**” are ideas and opportunities to help you go deeper in your faith. They are different each week and linked to Sunday's message. Below you'll find scriptures to read, questions for reflection, practices to try and opportunities to take action, all to help you become more like Jesus in your relationships with God, the Church, and the world.

September 18, 2022 - You Don't Have What It Takes - You Can't Handle It All

Honestly evaluate your life with these 4 questions:

1. Are you out of shape physically?
2. Are you out of sorts emotionally?
3. Are you out of touch relationally?
4. Are you out of order spiritually?

How is doing too much leading to problems in these 4 areas?

Read **Mark 1:29-34**

Even Jesus didn't try to do it all.

1. What did Jesus stop doing?
2. What did Jesus share? (See **Mark 6:6-7 & 11-12**)
3. How did Jesus surrender everything?
4. What did Jesus start doing?

Follow the example of Jesus.

Surrender everything to God.

- Lay your calendar and schedule before God.
- Ask God to be honored and glorified in all you do.
- Ask God to show you what needs to be changed.

What can you stop doing?

- Identify one thing God might want you to stop doing.
- What steps can you take to ease out of the commitment honorably?

What can you share with others?

- Identify one area where you could share leadership and responsibility with someone else.
- Who might that person be?
- Ask them for help.

What do you need to start doing?

- Identify one thing God is asking you to start doing.
- Commit to doing it this week.