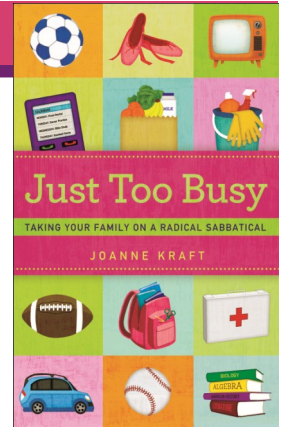


# Preparing to Lead Just Too Busy



Can I tell you something? YOU have been prayed for. From the moment this book came into being, YOU were on God's heart, and mine.

I am thrilled you're using *Just Too Busy: Taking Your Family on a Radical Sabbatical* with your women's group. Busyness is an epidemic among us gals. We love our families passionately and sometimes bite off much more than we can chew. Whether you're a wife and a mom – whether you work in the home, outside of the home, or all of the above – life is busy.

## **This study is for you!**

I've discovered women can be sensitive about a few things: their age, their weight, and their busyness. No one enjoys discovering their problems may be self-inflicted – me included. My prayer is for you to lead your woman's group with a tender heart overflowing with truth, love, and lots of laughter. Through *Just Too Busy*, lives will be changed for Him.

Have you ever looked at your over-scheduled calendar and said to yourself, *If I can just get through next weekend I can take a breath and spend some quality time with the kids. Or, Once this month is over, I can finally have a few moments with my husband.* Then you've picked up the right book!

When we feel overwhelmed, and in captivity to our activities, we begin wishing away our God-given gift of time, and are standing on dangerous ground. He created time; who better to show us how to mold it and shape it in our favor?

I hope you are looking forward to these next six weeks. Homework consists of reading less than a chapter a day, then gathering a group for discussion. Hang on my friend, it's going to be a fun ride!

# Week One

*Just when you thought you were winning the rat race, along come faster rats.*

*Barbara Johnson*

INTRODUCTION – Ice Breakers/Pot Luck/Tea?

## ICE BREAKER

- Have the ladies fill in the blank, “You know you’re a busy wife/mom when... ” then vote on the funniest!
- Do you realize God’s busy-burden is light? Look up Matthew 11:30 as a group and discuss. *For my yoke is easy and my burden is light. Matt. 11:30*
- When was the last time you’ve had a peaceful pause in your day?

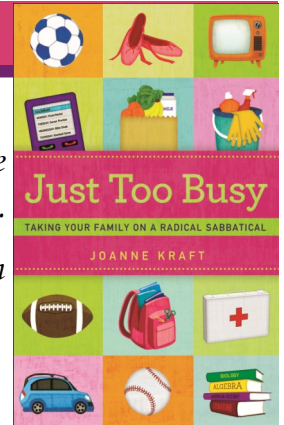
Where women gather, friendships are formed. Strong relationships make strong churches and strong churches create strong communities. I’ve made countless precious friends while studying God’s Word together.

What woman doesn’t look forward to the culmination after a good study – the pot luck or tea party the last week together? Bring on those lemon bars!

Are you ready to do something radical? I recommend having your social gathering at the beginning of the study. It will set the mood for doing something a little different and out of the ordinary.

If you want to really surprise the ladies, set out place cards at random seats, so the regular gaggle of gals aren’t sitting together. This will give everyone the opportunity to make a new friend over the next few weeks. Radical? I’d like to think – revolutionary!

- Homework for next week: Read Chapters 1 - 3



# Week Two

## BUSY

- Chapter 1 Pulling Your Rats from the Race
- Chapter 2 A.D.D. Activity Denial Disorder
- Chapter 3 Ten Tell-Tale Signs

### Discussion Questions:

- Write out your own ten tell-tale signs you're too busy.
- When was the last time you fell on stage?
- Write down your list of burdens stealing your time and causing you the most anxiety. Write beside each item; God or Self.

When I was busiest, I had a bad habit of focusing on temporary things instead of those things with eternal value. Our husband and our children (Children are a gift from the Lord, they are a reward from Him. Psalm 127:3), are a God-given ministry and should be marked under your "God" column. Explain that "self" should be written beside anything where there is a choice in participating (soccer, Cub Scouts, PTA, an outside job).

Don't confuse helping others as always-serving. On more than one occasion, I brought a meal to a sick friend while my family had take-out. God loves it when we serve, but not at the expense of our families. Sometimes serving equals "self". I've found nowhere in scripture where it says Team Mom is a gift of the Lord.

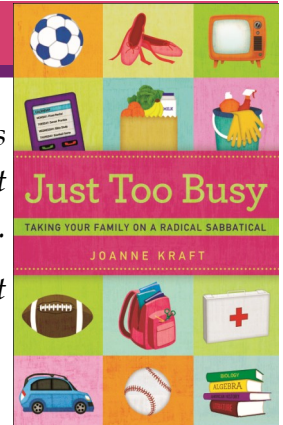
God didn't intend for our lives to be burdened or stress-filled. God's Word says we will have trials and tribulations this side of Heaven, but Jesus came so we would have peace through those storms and even through our busyness.

I love my family passionately, yet I've been known to sabotage my ability to deeply enjoy them by stuffing my days with as much activity as possible. That's what I'm supposed to do, right? It's how I give my children a happy childhood. Is this what you believe?

- Homework for next week: Read Chapters 4 -8

*Frustration is not the will of God. There is time to do anything and everything that God wants us to do.*

– Elisabeth Elliot



# Week Three

*It's not enough to be busy; so are the ants. The question is: what are we busy about?*

– Henry David Thoreau

## BREAKTHROUGH

- Chapter 4 Our Radical Sabbatical
- Chapter 5 Twelve Months of Field-Trips
- Chapter 6 Two Out of Three Ain't Bad
- Chapter 7 Reflections of a Sabbatical Drama Queen
- Chapter 8 What Hills Are You Dying On?

### Discussion Questions:

- Share how your husband proposed.
- Write down three things you love about your husband. (If there are women in your group who struggle with writing this list, you've just discovered who you can nurture, counsel, and pray for.)

I pray the women saw lots of their own family mirrored in ours through their reading homework this week. As much as I'd like to jump into radical living, I believe a family is only as strong as the marriage inside of it.

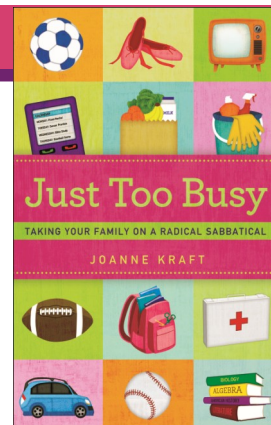
Busyness crowds out time with a husband. He's usually the first kicked to the curb when the baby needs to be rocked to sleep, or the kids need help with homework.

Sadly, women in busy-mode love their children passionately and have been known to throw their own marriages under the bus for their little ones.

When busyness creeps into our lives, it slowly erodes time with our spouse. And, it won't be long before children become first priority. Unknowingly, we teach our kids they are most important. Our radical sabbatical reminded our children God is first priority, then my husband (their dad). When dad's needs are put ahead of the children, you plant seeds of healthy marriages for future generations.

The relationship you share with your husband is the foundation your children are being raised on. If this foundation is shaky or crumbling, make this week the week you put the focus back on the amazing gift God gave you first – your husband.

- Homework next week: Read chapters 9-12



# Week Four

*The greatest trick the devil ever  
pulled was convincing the world  
that he doesn't exist.*

*–Charles Pierre Baudelaire*

## BEWARE

- Chapter 9 You Have an Enemy
- Chapter 10 The Attraction of Distraction
- Chapter 11 Who is in Your Audience?
- Chapter 12 Entitlement – The Bully on the Block

## Discussion Questions:

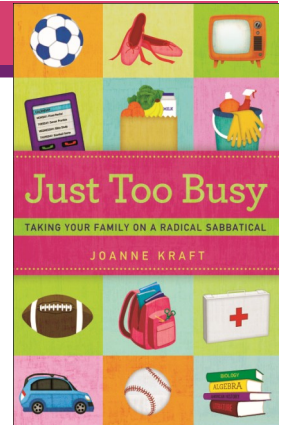
- Write down three time-stealers in your day. (Do not write down the names of your children!)
- Share your time-stealers with your group. Allow others to explain how they have fought these specific time-stealers and won.
- Think about who is in your rooting section. How would your days look different if Jesus were the only one in your audience?
- What blessings have you given your children regularly that they've come to expect?

*The enemy comes to steal, kill, and destroy. But I come that you may have life and have it more abundantly. – John 10:10*

For me, John 10:10 is the most powerful reminder of how the burden of busyness is not from God. Busyness distracts and leaves an open door for the enemy to steal. He is a thief. Stealing time is where his plan unfolds. He steals our time, kills our joy, and destroys our relationships. Jesus came so we could have life more abundantly.

The fruits of the Spirit (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control) are evident when we live an abundant Christ-filled life. An over-busy life crowds out peace and joy, replacing them with chaos and the overwhelming discouragement of wishing there were more time in the day. But, remember, there is enough time in your day!

- Homework next week: Read Chapters 13-16



# Week Five

*Is prayer your steering wheel  
or your spare tire?*

*-Corrie Ten Boom*

## BUILD

- Chapter 13 Me? Pray?
- Chapter 14 Extreme Rest Begins with Sabbath Rest
- Chapter 15 From Devotion to Devotion
- Chapter 16 Slaying Your Media-Dragons

## Discussion Questions:

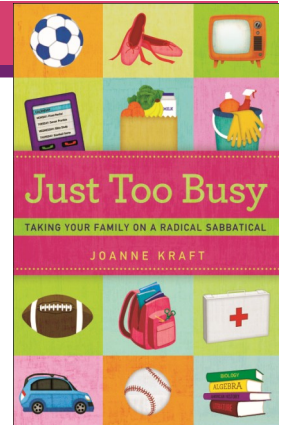
- How does your family celebrate the Sabbath? How does it look different than the rest of your week?
- Do you have a special devotion “spot” where you meet with the Lord? Share it with the women.
- Is there a media dragon that needs slaying in your home? Write down some Facebook/iPod/TV rules for your home.

There are spiritual disciplines that exercise our faith and draw us closer to Jesus — prayer is one of them. If you have a woman in your group who is a gifted prayer warrior, ask her to share with the ladies what prayer means to her and how she has grown closer to the Lord because of it.

Having a daily time of devotion is the most important part of the day. If we expect our children to give God’s Word priority in their lives, then they should see us living that out by example. Challenge the women in your group to take time out each day and be prepared to come back the following week and share what they discovered.

God was always faithful to give me a few moments while the baby napped, or an unexpected few minutes to sit with Him when I asked Him for it. It always amazed me when I would make time for the Lord and give him my list for the day, how much more I’d accomplish.

- Homework next week: Read Chapter 17-20



# Week Six

## BLESSING

- Chapter 17 A New Thing  
Chapter 18 Redeeming the Time  
Chapter 19 A Home is a Museum of Memories  
Chapter 20 Legacy Living

## Discussion Questions:

- How has Jesus made your life new? Seal your answer in an envelope and tuck it away in your family Bible, or hope chest.
- Share a favorite family tradition you grew up with as a child that you experience now with your family.
- What legacy would you like to leave your children? Write a scripture down on a card that you believe explains your legacy then share it with your son/daughter.

God desires to bless His children. After six weeks, my prayer is for women to have created relationships where they can recognize time-stealers and hold one another lovingly accountable to take a peaceful pause in their day – releasing burdens daily into God’s hands. I hope their eyes have been opened to see the blessing in a less-busy life.

This week would be the perfect time to ask a woman in your group to share a testimony about how Jesus has made her life new. We all desire to be encouraged in our walk with the Lord. Listening to the ways Christ has made a difference and changed a future legacy will inspire even the most discouraged busy-woman.

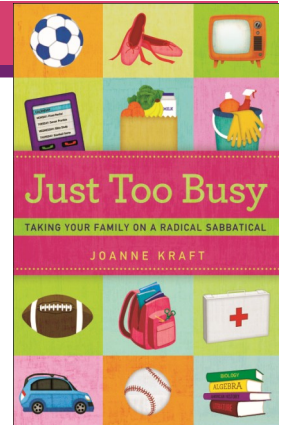
Have you considered taking a radical sabbatical of your own? Remember, your family is unique, taking a break from soccer or dancing lessons may not be what you need to slow down. How about taking a break from fast food, and eating around your kitchen table again? Pray and ask God to show you where you need to slow down. Then, be obedient to His answer. Remember, sometimes, what God asks of us looks a little bit radical.

In His love,

Joanne

*Life is a short and fevered rehearsal of a concert we cannot stay to give.*

-A.W. Tozer



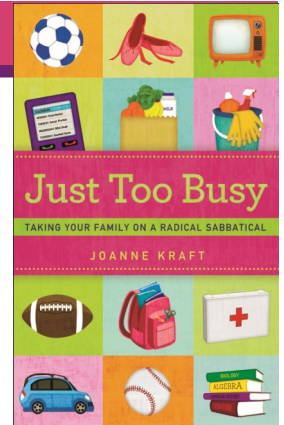
# Contact Joanne Kraft

Would you like to book the author of *Just Too Busy* for your next women's conference, or MOPS group meeting? How about surprising your book club with a visit from Joanne via Skype? It would be a perfect way to end your six-week study.

Joanne would love to connect with you and your women's ministry. Contact her for the opportunity.

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(530) 672-8984



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<http://JoanneKraft.com>



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