



## **Hurried, Worried, & Buried**

### **Session Guide and Review Notes**

### **Hurried, Worried, and Buried**

**5 min Welcome and Introduction**

**PowerPoint Presentation: Short (10-15 min.) or Long (30 min.) version**

#### **Summary: Hurried, Worried, and Buried**

- “We hurry, we worry, and we bury.” Chinese Proverb
- Even doing too many “good” things can crowd out life’s best and most important priorities.
- **Take time for your physical health: NUTRITION.** Caffeine, sugar, and alcohol rob the nervous system of real strength and lead to fatigue, cravings and addiction. High fiber vegetables, fruits, beans, nuts, and whole grains provide energy, calm the nerves, and improve mental clarity.
- **Take time for your physical health: EXERCISE.** Daily exercise reduces anxiety and fatigue and increases energy, both mental and physical. Exercise improves critical thinking, problem-solving, and deep sleep.
- **Take time for your physical health: REST.** Chronic lack of sleep swamps your system with stress hormones and saps physical and mental energy. Establish a sleep routine. Slow your evening pace. Leave media alone at night. Don’t eat late. Nix caffeine and alcohol.
- **Take time for your mental health.** Enjoy mentally refreshing diversions and positive friends. Make the Bible and other inspiring books daily companions.
- **Take time for your spiritual health.** “Remember the Sabbath day, to keep it holy... The seventh day is the Sabbath of the LORD thy God: in it thou shalt not do any work...” Exodus 20:8-11

#### **10 min Discussion Time 1: What are your thoughts?**

- ✓ What does it mean to be “stress resilient?” What works against it?
- ✓ How does taking time for physical, mental, and spiritual health—nutrition, exercise, rest, and connections—improve stress resiliency?

#### **5 min Discussion Time 2: What is your story?**

- ✓ You or someone in the group may have a “delivered story” that pertains to the session topic. Take a few minutes for you or a guest to share.

**5 min Freedom Journey:** Present the following thoughts for reflection prior to next discussion periods to encourage positive discussion for change.

- **Reflect:** Healthy lifestyle habits and relationships are part of God's plan for protection against stress, depression, and addictions.
- **Recalculate:** Body systems work together. Emotions and everyday health habits affect gut and brain health. Balanced living is key.
- **Reframe:** A habit that calms you down in the moment may be fueling stress. Decide today that time taking care of yourself is time well spent.
- **Remember:** Trusting God, "We are hard pressed on every side, yet not crushed; we are perplexed, but not in despair...that the life of Jesus may be manifested in our body." 1 Corinthians 4:8

**10 min Discussion Time 3: What have you learned?**

- ✓ What did you hear that deeply moved you?
- ✓ What did you learn that makes you stronger in your resolve?

**Lifestyle Links:** Lifestyle links for building physical, mental, emotional, and spiritual strength.

**Reboot and Rebound:** Daily choices build a better brain, body, and habits.

- Drink at least 8 glasses of water daily.
- Eat a healthy breakfast: whole grains, fresh fruit, and nuts.
- Focus on eating plenty of greens and crunchy fruits and vegetables.
- Go for a daily "soul stroll": talk it out, and walk it out! Nix media time-wasters.
- God's priorities will not crush you—take time to make His care for you, time with Him, and healthy choices your focus every day.

**10 min Discussion Time 4: What will you do?**

- ✓ What is your reason for desiring peace in your life?
- ✓ Which of the **Lifestyle Links** are your focus right now?
- ✓ What is your first step?

**5 min Group Promise, Affirmation, and Prayer to Close Session**

**Pray and Say:** Divine power and daily practice change the brain.

- **Prayer:** "Dear God, thank you that by your power and strength, I am Living Free!"
- **Promise:** "I can do all things through Christ who strengthens me." Philippians 4:13.
- **Affirmation:** "Thank you God for my freedom journey to better physical, mental, and spiritual health!"
- **Encourage** participants to review their handout.
- **Close** with prayer.

**Handout:** Balanced Living Tract: Hurried, Worried, and Buried

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