

Last week helped us gain perspective by recognizing that our days are numbered; this week moves us from awareness to honesty. Before God shaped creation, He confronted what was formless and empty—and in the same way, this week invites us to stop rearranging life and start naming what we're actually carrying. The goal is not guilt, pressure, or quick solutions, but clarity—because order only comes after chaos is brought into the light. Please see the example below.

## QUESTIONS

*Read* SCRIPTURE: GENESIS 1:1-10

1. WHEN LIFE FEELS OVERWHELMING, WHAT'S USUALLY YOUR FIRST RESPONSE? DO YOU PUSH HARDER, WITHDRAW, OR REARRANGE THINGS AND HOPE IT GETS BETTER?
2. DO YOU FEEL THAT MOST PEOPLE AREN'T OVERWHELMED BECAUSE THEY HAVE TOO MUCH TO DO—THEY'RE OVERWHELMED BECAUSE THEY'VE NEVER DECIDED WHAT THEY'RE ACTUALLY RESPONSIBLE FOR?
3. In the beginning God "created"...He dumped everything out...and it was formless, chaotic, messy, and empty. In other words, it lacked order. WHAT STOOD OUT TO YOU FROM THE IDEA THAT GOD BEGINS TRANSFORMATION BY CONFRONTING CHAOS, NOT IGNORING IT?
4. WHY DO YOU THINK WE'RE SO TEMPTED TO REARRANGE LIFE INSTEAD OF DUMPING IT OUT AND BEING HONEST ABOUT WHAT WE'RE CARRYING?
5. WHICH KINDS OF COMMITMENTS ARE HARDEST FOR PEOPLE TO NAME—ROLES, EXPECTATIONS, EMOTIONAL WEIGHT, OR TIME OBLIGATIONS? WHY?
6. We can't shape what we refuse to expose. PRACTICE FOR THE WEEK: SET ASIDE 15–30 UNINTERRUPTED MINUTES. WRITE DOWN EVERYTHING THAT OCCUPIES YOUR: TIME, ENERGY, ATTENTION, AND EMOTIONAL BANDWIDTH. Do not organize, evaluate, or justify...just dump it. This is not a productivity exercise. It's an act of surrender.

**NEXT STEPS / CHALLENGE:** DUMP EVERYTHING ON PAPER...NO EDITING, NO EXPLAINING.

## DAILY BIBLE READINGS AND PRAYER TIME

*Read the following scriptures this week:*

- Day 1 – Genesis 1:1-2, Chaos before creation
- Day 2 – Psalm 90:12, Numbering our days
- Day 3 – 2 Corinthians 10:3-5, Taking thoughts captive
- Day 4 – Luke 10:38-42, Mary and Martha
- Day 5 – Ecclesiastes 3:1-8, A time for everything
- Day 6 – Matthew 11:28-30, What Jesus invites us to carry
- Day 7 – Psalm 139:23-24, Inviting God to search us

An example: I first learned the power of this lesson while launching a new church. Every waking hour was packed with necessary tasks—building a launch team, planning services, meeting people, and solving problems. The work wasn't optional, but the weight of it all was overwhelming. One day, Beth sat down with me and asked a simple question: "Tell me everything you're carrying." As I listed the tasks, I realized I had been holding an entire organization in my head. No wonder I was exhausted. Step one was clear—we had to **Dump It** out. Once everything was on paper, clarity replaced chaos. Only then could we move to the next step—**Shape It**—because shaping is impossible until you first expose what you're actually carrying.