



TITLE: “The Junk-Filled Life”

OPENING QUESTION: What is the most random or bizarre piece of junk currently sitting in your junk drawer or car trunk?

Proverbs 28:2– A man of understanding and knowledge maintains order.

1 Corinthians 14:32– For God is not a God of disorder, but of peace.

Ecclesiastes 3:18– There is a time for everything...

THE MARK OF A JUNK-FILLED LIFE= IMBALANCE

QUESTION: Pastor Gary said “imbalance is a disease in life with many symptoms”. What did you think about that statement? What is contributing to this culture’s imbalance and junk-filled way of living?

THE PROBLEM OF IMBALANCE

**Most people tend to work on the PUBLIC areas of their lives
and let the PRIVATE areas slide.**

Am I "overexposed" and "underdeveloped"?

2 Results:

FRUSTRATION & FATIGUE

QUESTION: Have you found yourself, focused on showing that you are balanced when it comes to what you reveal to the public, but had times in your life where that wasn't the real picture. Where your private life was very out of balance? Did your choices and lack of balance produce frustration, and fatigue?

5 areas of your personal life that you need to keep in balance:

Luke 2:52– (Jesus -- our example of perfect balance)

And Jesus grew in wisdom and stature, and in favor with God and man.

• **MENTAL**

Rom. 12: 2

• **PHYSICAL**

1 Cor. 6:19-20

• **SPIRITUAL**

2 Peter 3:18

• **EMOTIONAL**

Gal. 5:22-23

• **SOCIAL**

Rom. 12:16,18

Romans 12:2— Do not conform to the pattern of this world, but be transformed by the renewing of your mind.

1 Corinthians 6:19-20— Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.

2 Peter 3:18— But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen.

Galatians 5:22-23— But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

Romans 12:16 & 18— Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited..

V.18— If it is possible, as far as it depends on you, live at peace with everyone.

QUESTION: When you consider the five areas of balance in your personal life that Pastor Gary shared, take some inventory. What are some areas that are currently strong for you? What are some areas that are weak?

HOW TO START BALANCING YOUR PERSONAL LIFE:

Step #1: Take INVENTORY. (*Prov 14:8*)

Step #2: Write a PLAN OF ACTION. (*Eph 5:15-16*)

Step #3: Establish Jesus as the CENTER OF YOUR LIFE. (*Col. 1:15-17*)

Proverbs 14:8— The wisdom of the prudent is to give thought to their ways, but the folly of fools is deception.

Ephesians 5:15-16— Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil.

Colossians 1:15-17— The Son is the image of the invisible God, the firstborn over all creation. For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him. He is before all things, and in him all things hold together.

QUESTION: What are some specific steps you want to take this week in your “plan of action”? How can your small group pray for you?

CLOSING QUESTIONS:

QUESTION: What is one physical or digital space (like your desk, closet, or email inbox) you can declutter this week as a practical step toward living with less distraction?

QUESTION: What is one daily habit or boundary you can put in place starting today to keep your calendar from getting overly full again?