



Sermon Notes and Study Questions

Squeezed: The Problem - Over-committed Loneliness

Psalm 127

A song of ascents. Of Solomon.

¹Unless the LORD builds the house,
the builders labor in vain.

Unless the LORD watches over the city,
the guards stand watch in vain.

²In vain you rise early
and stay up late,
toiling for food to eat—

for he grants sleep to^{all} those he loves.

³Children are a heritage from the LORD,
offspring a reward from him.

⁴Like arrows in the hands of a warrior
are children born in one's youth.

⁵Blessed is the man
whose quiver is full of them.

They will not be put to shame
when they contend with their opponents in court.

Notes:

Cheating

- Andy Stanley defines cheating as choosing to give up one thing in hope of gaining something of greater value.

- Is there a time when you felt cheated by someone's lack of time with you?

The Tension

- We don't have enough time to get everything done that we're convinced—or others have convinced us—needs to get done.
- Where is the rope of time coming up short in your life?
- Reflecting on your life, do you think you spend more of your time on tasks or on relationships? How might those who know you answer that question for you?
- Sin brought about a correlation between our effort and our provision that tempts us all to overwork.
- Can you think of a time when you or someone you love chose work over relationship? How did that make you/them feel?
- Our choices often leave people carrying a weight/burden they shouldn't have to, like holding onto a large rock. Is there someone in your life that you've been asking to hold a rock for far too long? Are you holding someone's rock?

- Our choosing effort over relationship reveals two things about our view of God:
 - We assume that God could not just as easily fill the void at work as He could the void at home.
 - We ask God to fill a gap that only we can fill while we scurry off to do a job that a thousand other people could do.

- How can you better trust God with your work?

The Truth

- What stands out to you about Psalm 127?

- How have you felt the vanity of your work?

- What we *do* must first originate with the Lord.

- Instead of bringing our agenda to God and asking Him to bless it, we should go to Him and ask Him with what work He wants to bless us. How do you see this reversal changing the way you work?

- What might be some healthier rhythms for balancing your work and your relationships?

- Where do you need to accept Jesus' invitation to go with Him and get some rest? Note that being *with* Jesus is His invitation to rest, not doing *for* Jesus.

The Solution

- The solution is straight forward, but it isn't easy.
- Telling an alcoholic all they need to do is quit drinking won't help them stop drinking. Anyone with an addiction will tell you that there is a process to invest in. Many of us have a work addiction. Are you willing to invest in the process of breaking that addiction and discovering the life that God wants for you?
- See you next Sunday!