



## Week #2: Uncomplicate Busyness

Your \_\_\_\_\_ and your \_\_\_\_\_ can feel like \_\_\_\_\_ to God.

*Trust in the Lord and do good;  
dwell in the land and enjoy safe pasture.  
Take delight in the Lord,  
and he will give you the desires of your heart.*

Psalm 37:3-4 (NIV)

*Commit everything you do to the Lord. Trust him to help you do it, and he will.*

Psalm 37:5 (TLB)

**How to uncomplicate your faith in any season you're in:**

- \_\_\_\_\_.
- \_\_\_\_\_.
- \_\_\_\_\_.
- \_\_\_\_\_.

Your \_\_\_\_\_ is your shortcut.

*Whatever you do [no matter what it is] in word or deed, do everything in the name of the Lord Jesus [and in dependence on Him], giving thanks to God the Father through Him.*

Your \_\_\_\_\_ are your shortcut.

### What is Your Praise-o-nality?

#### 7 Ways We're Wired to Worship and Enjoy God:

1. \_\_\_\_\_ (Matthew 4:18. Matthew 26:36. Genesis 22. Genesis 32)
2. \_\_\_\_\_ (Matthew 6:26–34. Exodus 35:30–35)
3. \_\_\_\_\_ (Matthew 26:39. Luke 19:40)
4. \_\_\_\_\_ (Genesis 12:7–8, 13:18. Exodus 20:24. Acts 3:1. Luke 4:16–21. Mark 2:27)
5. \_\_\_\_\_ (Matthew 26. Mark 1:35. Mark 6:30–32. Matthew 4:1–11)
6. \_\_\_\_\_ (Luke 2:46. Ezra 7:10. 2 Timothy 2:15)
7. \_\_\_\_\_ (Luke 5, 10, 19, 22, 24)

Invite God into the \_\_\_\_\_ you are in and enjoy God in your \_\_\_\_\_ way.

#### Discussion questions:

1. Has there ever been a time when you've separated your real life from your God life?
2. What would it look like to invite God into the middle of the current season you're in?
3. What praise-o-nality (or multiple) stands out to you as a way that you're wired?
4. What is the danger of thinking everybody needs to worship God the exact same way?

#### Recommended resources:

[Uncomplicate It: Permission to Enjoy God in Your Unique Way](#) by Hosanna Wong

[A Contrarian's Guide to Knowing God: Spirituality for the Rest of Us](#) by Larry Osborne

[Sacred Pathways: Nine Ways to Connect with God](#) by Gary Thomas

[Liturgy of the Ordinary: Sacred Practices in Everyday Life](#) by Tish Harrison Warren

**(NIV) New International Version (TLB) The Living Bible (AMP) Amplified Bible**

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### Week #2: Uncomplicate Busyness

Your season and your specifics can feel like roadblocks to God.

*Trust in the Lord and do good;  
dwell in the land and enjoy safe pasture.  
Take delight in the Lord,  
and he will give you the desires of your heart.*

Psalm 37:3-4 (NIV)

*Commit everything you do to the Lord. Trust him to help you do it, and he will.*

Psalm 37:5 (TLB)

**How to uncomplicate your faith in any season you're in:**

- Depend.
- Do good.
- Dwell.
- Delight.

Your season is your shortcut.

*Whatever you do [no matter what it is] in word or deed, do everything in the name of the Lord Jesus [and in dependence on Him], giving thanks to God the Father through Him.*

Colossians 3:17 (AMP)

Your specific details are your shortcut.

## What is Your Praise-o-nality?

### 7 Ways We're Wired to Worship and Enjoy God:

1. **Recreationalist** (Matthew 4:18. Matthew 26:36. Genesis 22. Genesis 32)
2. **Beholder of Beauty** (Matthew 6:26–34. Exodus 35:30–35)
3. **Soulfire** (Matthew 26:39. Luke 19:40)
4. **Sacred Space Seeker** (Genesis 12:7–8, 13:18. Exodus 20:24. Acts 3:1. Luke 4:16–21. Mark 2:27)
5. **Interior Expert** (Matthew 26. Mark 1:35. Mark 6:30–32. Matthew 4:1–11)
6. **Thoughtsmith** (Luke 2:46. Ezra 7:10. 2 Timothy 2:15)
7. **Artist of People** (Luke 5, 10, 19, 22, 24)

Invite God into the **season** you are in and enjoy God in your **unique** way.

### Discussion questions:

1. Has there ever been a time when you've separated your real life from your God life?
2. What would it look like to invite God into the middle of the current season you're in?
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