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BRG9072

Drama Free Zone

Maturity starts when *drama* ends.

Today's lesson dedicated to ending needless drama in your life.

Priorities

- Limits
- Expectations

Definition of Drama

A way of relating to the world in which a person consistently overreacts to or greatly exaggerates the importance of people/ places and/or events.

You can choose to “opt” out of needless drama.

Priorities

Blind guides! You strain your water so you won't accidentally swallow a gnat, but you swallow a camel!

Matthew 23:24 NLT

Here is what Jesus said to the religious leaders:

You make a huge effort on the smallest details (ex. tithe on tiniest part of herb garden) – and very little effort on what's important (ex. justice/mercy/faith)

Jesus compares this to straining your water so you don't swallow a "gnat". Then He says and in so doing you actually swallow a camel.

Let's say this is our Priority List

#1 God

2 Family

~~#3 Gnat Straining~~

Let's take gnat straining off of list of priorities and get in the Drama Free Zone

Limits

Stop Giving Unsolicited Advice

Learn to say no without explaining

Just say a simple, 'Yes, I will,' or 'No, I won't.' Anything beyond this is from the evil one.

Matthew 5:37 NLT

When we don't set limits, we risk potential "drama."

When I was a stay-at-home mom, people asked me for favors.

Because all I did when I stayed at home was eat bon bons and watch old movies – ha-ha.

One morning, I was getting ready to teach a Bible study at my church.

A neighbor called to ask me to sign for a package. **I said, "Okay."**

A friend called asking me to pick up some stuff from church.
Because I was going there anyway for Bible study.

I said, "Okay."

Then someone called asking if I'd give them a ride to Bible study.

I said, "Okay."

Pause – look at the audience:

Do you see a pattern here?

I say, "OKAY" -----a lot.

Then, about half an hour before time to leave, our garbage disposal backed up.

I called my grandmother who knows how to fix everything. She told me what to do. I found the little tool under the sink and began following her instructions.

The phone rang.

Again!

It was my pastor asking if I could take a cake to someone after Bible study.

And what did I say?

I said, "Okay."

I went back to the plumbing and while I was under the sink, I remembered that I promised my son and his friends to take them bowling after Bible study.

I realize I can't fix the garbage disposal so I call a plumber.

He can only come after Bible study.

By now it's time to leave for Bible study and I can't find my car keys.

And my inner drama queen shows up!

Do you have an inner drama queen? Mine yells, cries, slams cupboard doors, whines, and feels sorry for herself. And I was in full drama mode, screaming, "I can't take it anymore." And "Everybody takes advantage of me."

Then my 4 year old son walks into the kitchen and says,

"Mom, do you want me to pray for you?"

When we don't set limits, we risk potential "drama."

Expectations

Realistic

People Places & Things

Vacations/Holidays/People

Expecting everybody and everything to be perfect (pretty near) sets us up for disappointment and potential drama.....

Because of the privilege and authority God has given me, I give each of you this warning: Don't think you are better than you really are. Be honest in your evaluation of yourselves, measuring yourselves by the faith God has given us.

Romans 12:3 NLT

- 1) When we can't say no without trying to explain it. "No." is a complete sentence. Use it when you are overwhelmed.
- 2) Don't expect to be all things to all people. You can't.
- 3) Don't expect vacation to be social media perfection
- 4) Don't expect perfection.....(that's called heaven)

And know this: Drama will show up when you least expect it. You will think you will never have a drama fit again, but you will. And

when you do, repent and ask God to help you and not to give up on you.

I've had several more Drama Relapses. My drama put a strain on my close relationships (husband and parents). My drama caused me humiliation, fear, confusion. How could I be a Christian and act that way? I needed help. I needed a "Drama-Free Plan"

You can make one too.

Here's my plan:

- 1) I say "no" when I am close to a major event like Christmas or a speaking engagement.
- 2) If I am not sure or feel "on the spot" I say may I get back with you?
- 3) I ask my husband to pray over my schedule
- 4) My husband and I pray that I will overcome any "drama" temptations.

There is room for you at the end of this study guide to craft your own Drama Free plan. Take today's challenge to live "Drama Free"

Living Drama Free is fabulous.

- 1) I have no guilt.
- 2) I've stopped feeling like a hypocrite.
- 3) My husband and I are a team—especially in prayer.
- 4) I'm a better example to my kid.

Unrealistic expectations of yourself or others can cause needless drama.

Let's have Realistic Expectations and get in the Drama Free Zone

Today's Drama Free Zone Challenge:

Take the Drama Free Challenge below:

I commit to live Drama Free

My Drama Free Plan :

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Here are some of the benefits I will gain as I live Drama Free

- 1) _____
- 2) _____
- 3) _____
- 4) _____

These are some of my favorite scriptures to pray for a Drama Free Life



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