



Oftentimes, life happens to us. We let the problems and distractions around us take control of our lives leaving us simply coping. Instead of just coping with the challenges around us, what if there was a better way to live?

Discussion Questions:

1. When someone asks you the question, “How’s it going”? What do you say?
2. Why are you so busy? (*i.e./FOMO [Fear of Missing Out], Striving for Success, Status Symbol, and Coping Mechanism.*)
3. Gavin said, “Busy equals success”. Do you agree or disagree with that statement?
4. How do you slow down and navigate challenges in life?
5. When you choose something to add to your schedule you are choosing something to remove or replace by default. This puts value and priority on items that you deem important. What would someone say is important looking at your schedule?
6. Read Exodus 20:1-17. Why do you think God gave the people these ten commandments? What does it mean to “remember the sabbath and keep it holy”?
7. Read Genesis 2:2-3. Why did God rest on the sabbath and make it holy? Does this surprise you that God rested? How do you rest in God?
8. God wants you to live life to the fullest. Do you feel like you are living life to the fullest? Why or why not?

Next Steps: Choose one of the following actions this week.

- A sabbath for your soul.
 - Divert daily. (*Every day you take 1-5 minutes to pray or read your Bible.*)
 - Withdraw weekly. (*Take a few hours [or 24 hours] to just shut down and remove distractions and deadlines so that you can just “be with God”.*)
 - Abandon annually. (*Find some time to spend time away.*)