

For he says, I listened to you at the time of my favor. And the day when you needed salvation, I came to your aid. So can't you see? Now is the time to respond to his favor! Now is the day of salvation! 2 Corinthians 6:2 (TPT)

He lets me rest in green meadows; he leads me beside peaceful streams. He renews my strength. Psalms 23:3 (NLT)

There is a time for everything, a season for every activity under heaven. Ecclesiastes 3:1 (NLT)

1. Learn to live in _____

I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. For I can do everything with the help of Christ who gives me the strength I need. Philippians 4:12-13 (NLT)

2. Pause and make _____ for God through the day.

Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will direct your paths. Proverbs 3:5-6 (NLT)

3. Make a sabbath rest a _____ for your soul.

Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will direct your paths. Proverbs 3:5-6 (NLT)

See Exodus 20:8-11

- Time and space allows me to live in _____ on God.
- Time and space allows _____ for my body and my soul.
- Time and space allows me to _____ my connection with God and others.
- Time and space is God's _____ to me.

Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me - watch how I do it. Learn the unforced rhythms of grace. Matthew 11:28-29 (MSG)



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1. Learn to live in CONTENTMENT.

I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. For I can do everything with the help of Christ who gives me the strength I need. Philippians 4:12-13 (NLT)

2. Pause and make <u>ROOM</u> for God through the day.

Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will direct your paths. Proverbs 3:5-6 (NLT)

3. Make a sabbath rest a **PRIORITY** for your soul.

Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will direct your paths. Proverbs 3:5-6 (NLT)

See Exodus 20:8-11

- Time and space allows me to live in <u>DEPENDENCE</u> on God.
- Time and space allows <u>REST</u> for my body and my soul.
- Time and space allows me to <u>STRENGTHEN</u> my connection with God and others.
- Time and space is God's <u>GIFT</u> to me.

Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me - watch how I do it. Learn the unforced rhythms of grace. Matthew 11:28-29 (MSG)



Discussion Questions Week 5

... To Move Beyond Regret

[CONNECT]

What are 2 things that you consistently make time for in your week?

[ENGAGE]

What impacted you the most personally from the message?

[GROW]

Read Psalm 139:23-24. This is a bold and courageous prayer... and a little bit scary. How can you grow and trust God's love for you and pray a prayer like this?

One of the first points in the message was to learn to live in contentment. How challenging is that to you? Where do you find yourself DIS-contented? Read Philippians 4:12-13. How did the Apostle Paul come to deal with this?

There was a statement in the message to: "be suspicious of what you're craving." How do our cravings reveal the deeper needs in our lives? How does this affect our contentment?

How would these 2 questions from the message change your decision making and your reliance on God's direction...

"Does this decision drive me closer to God or further away? "Does this decision allow me to pursue the BEST things, or just be more busy?"

Read Exodus 20:8-11. Why is the sabbath so important to God? What does He desire to give to us through time to renew, rest, and restore?

[LEAD (YOURSELF)]

What are 2 ways you can begin to make time and space to be with God?