



## Discussion

Talking through the message helps you to turn what God is saying to you into action steps. Begin with the key discussion question, the privately answer the personal reflection questions. Then, conclude by deciding on your next steps.

## The Main Idea:

By intentionally using our time “seeking first the kingdom” we dethrone the god of unbelief. By planning how we use our time we can understand our purpose and role in God’s plan for the glory of God.

## Key Questions for Discussion (to discuss in groups):

1. How would you describe the busyness of your life? Get specific ... how many hours do you work? Those 6 “other” hours a day, how do you fill them?
2. How do you think our culture has impacted our pace of life? What cultural assumptions or values have influenced our sense of time, punctuality, productivity, leisure etc
3. What biblical promise does the sense of busyness question? What commands am I ignoring that I should obey?
4. Do you tend to see the Sabbath more as a gift, “an island of get-to in a sea of have-to,” or as a test, “an opportunity to trust God’s work more than our own”? What Scriptures inform your understanding of the Sabbath?
5. **Killer Ps** - People-pleasing, possessions, proving yourself, poor planning, perfectionism - how do these weaken faith?
6. Discuss what changes might need to take place in your own daily schedule that will demonstrate faith in God

## For Personal Reflection (to do at home):

- Using your journal (or a piece of paper) triangulate Matthew 11:28-30. What are the things that are true about God and true about your situation. What is the faith response to these things?
- Use the A.C.T.S. prayer method to write out your prayer in relation to your use of time.