



January 18-19, 2025

Break the Ice

-What replenishes or refills you? Maybe something small(a text from a friend, a coffee, etc) and then something bigger(traveling, reading War and Peace in one setting, going to a game).

Up

-Read Mark 1:29-39. What stands out to you about Jesus in this passage? What is the priority for Jesus in this passage? What is he saying 'no' to?

-How does setting aside a day for rest impact your relationship with God? What does it promote, grow, loosen, and/or stretch within us?

In

It has been found, that when life speeds up, there are 10 major effects it has on us.

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|---------------------|--------------------------------|
| -Irritability | -Out-of-order priorities |
| -Hypersensitivity | -Lack of bodily care |
| -Restlessness | -Escapist behaviors |
| -Workaholism | -Lack of Spiritual disciplines |
| -Emotional numbness | -Isolation |

-Which of these resonates with you, personally? (If you are married-your spouse might have good insight on this one!)

-What fears prevent you from taking the step of implementing

Out

-There is a pace of love. A speed of life where we have the bandwidth or margin to be able to see and focus on others. What pulls you out of this pace?

-What are practical steps that you and your family can take to trust God and set aside a rhythm of intentional rest and margin? What priorities would need to change or what steps taken to implement it?

Prayer

-So much of our hurry problem can be traced back to trusting in our own abilities more than God's. Spend time confessing our own pride and pointing our minds towards trusting God and His way of doing life.