

GROWING DEEPER:

Questions to dig deeper into this week's topic 

A LIFE LESS LONLEY: MOVING FROM CONVENIENT TO CONNECTED The Power of the Pause Button

1. Read Exodus 20:8-11. Give yourself an honest rating: on a scale of 1-100, how well would you say you do at carving out space for Sabbath in your life?
2. On a piece of paper, or in a computer document, make a three-column list. Put a header at the top of each column: HAVE to, SHOULD do, WANT to. Then process through your typical activities throughout the week, putting each thing in one of the three columns. When you're done, look at the list. What observations stick out to you?
3. Look at the items in your "SHOULD" column. How might you get those off your plate? Who might you delegate them to? Which ones actually don't need to be done at all?
4. Now interrogate the fears that come up as you contemplate the previous question! What are you afraid will happen if you don't do those "SHOULD" in your life? (Remember, if true catastrophe would actually happen, then you've got them in the wrong column! Put those in the "HAVE to" column, where they belong.) When you slow down and process the likely consequences of letting these tasks go, how accurate are your fears?
5. Read Matthew 11:28-30. How can you hand that fear off to Jesus? What would it look like to trust God to take care of what would happen if you lay down your "shoulds"? Close in prayer, and—line by line from that middle column—verbally hand those tasks off to your Lord Jesus, trusting Him to take care of those consequences for you.