



Breathing Room Week 2 Questions

INTRO

Breathing room is the space between our current pace and our limits. In our attempts to get the most out of life, we can lose control of our lives. Remembering our time is limited provides us with wisdom to know how to spend our limited time. Understanding our need for rest starts with understanding who God is; He is unlimited and we are not.

SCRIPTURE

Mark 2:27

Psalm 90:1-6

Psalm 90:10-12

Matthew 6:25-34

DISCUSSION QUESTIONS

Possible Ice Breaker Questions:

1. Have you ever left on Friday with your entire inbox clear and todo list completed?
2. Have you ever started a vacation and not been able to rest because of the work left undone? (or other reasons)

Diving Deeper:

3. What stood out to you from Sunday's Conversation?
4. Read Psalm 90:1-2 & Matthew 6:25-34. Why do you think it is important to recognize God's sovereignty and guidance when it comes to the limits of our lives?
5. What is one area of your life you tend to push the limits on?
6. On Sunday, Wayne talked about how the tension we feel with time is a place where God wants to step in and teach us to trust him. What is one step you can take towards God in this area of your life?

NEXT STEPS

- Define your next step in learning to trust God with your time.