

### Key Scriptures

*You have six days each week for your ordinary work,<sup>10</sup>but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you.<sup>11</sup>For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the Lord blessed the Sabbath day and set it apart as holy. Exodus 20:9-11 NLT*

*"You say, "I am allowed to do anything" —but not everything is good for you. You say, "I am allowed to do anything" —but not everything is beneficial." 1 Corinthians 10:23 NLT*

*"So be careful how you live. Don't live like fools, but like those who are wise. Make the most of every opportunity in these evil days. Don't act thoughtlessly, but understand what the Lord wants you to do." Ephesians 5:15-17 NLT*

*Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. Mathew 6:33 NLT*

*Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. Mathew 11:28-29 NLT*

### Start talking. Find a conversation starter for your group.

- Have you ever been so busy that you had no room for anything else to be added to your plate? How did you handle that season?
- Have you ever done something that was ok morally/ethically but in hindsight you still probably shouldn't have done it?
- If you suddenly had more time in your schedule, what would you do with it?

### Start thinking. Ask a question to get your group thinking.

- Respond to the statement, "Living with room doesn't happen accidentally." Do you agree or disagree? Why?
- In the message Pastor Lane said that when we are evaluating decisions the best question to ask is, "Is it wise." If we always based decisions on the answer to that question, how do you think that would change what you say yes and no to?

### Start sharing. Choose a question to create openness.

- Why do you think God chose to create a cycle for rest? What happens when we don't adhere to God's plan? What has been your experience when you didn't take time to rest?
- Have you ever regretted saying yes to so many things and being so busy? What did you do to fix that issue and what toll did it take on you?
- Pastor Lane said two things usually get squeezed out when our schedules don't have room: time with God, and time of rest. Has that been true in your life? How did you deal with that reality?

### Start praying. Be bold and pray with power.

*Father, thank You for laying out for us a cycle of work and rest. Help us to allow the Holy Spirit to inform our schedules, our activities, our lives in order for us to live "With Room." In Jesus' name, amen.*

### Start doing. Commit to a step and live it out this week.

- Memorize Ephesians 5:15-17. Print it out and put it somewhere where you will see it often to remind you to ask the right question when making decisions.
- Commit to living a Slow Roasted life, one that allows you to savor the flavor of life. You may have to make some tough decisions to quit doing some things so, ask the Holy Spirit to show you what you may need to eliminate from your schedule in order to live life "With Room."
- If you are constantly exhausted and on the edge of burnout, do something now! Don't wait for your health to make you to change, do it now and start getting rest!