

You in Five Years

Evening to Morning

TALK IT OVER

Key Scriptures

In the beginning God created the heavens and the earth. ²The earth was formless and empty, and darkness covered the deep waters. And the Spirit of God was hovering over the surface of the waters. ³Then God said, "Let there be light," and there was light. ⁴And God saw that the light was good. Then he separated the light from the darkness. ⁵God called the light "day" and the darkness "night." And evening passed and morning came, marking the first day.
Genesis 1:1-5 NLT

"Be still, and know that I am God."
Psalms 46:10 NLT

Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, ²⁰for God bought you with a high price. So you must honor God with your body.
1 Corinthians 6:19-20 NLT

Then God said, "Let us make human beings in our image, to be like us..." Genesis 1:26 NLT

Start talking. Find a conversation starter for your group.

- Do you ever feel like you don't have enough time in the day?
- Do you get consistently get enough sleep?

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

- Do you think of your day as mostly what happens in those daylight hours where you have the least control, or do you think of your day in some other way?
- Why is getting good sleep so important to life? What can you do if you are consistently not getting enough sleep?

Start sharing. Choose a question to create openness.

- Where do you need to do a better job of going deep? Spiritually, physically, or creatively? What do you need to do in order to go deeper in that area?
- What is God saying to you about how you spend your time? Do you need to make changes in what you are doing or how you view your day in order to have time to take the steps to get where God is wanting you to go?
- Which of Pastor Lane's three application ideas is the most compelling for you? Make a plan, think in blocks of time, be inaccessible at times. How will doing that that help you get where God wants you to go?

Start praying. Be bold and pray with power.

Father, thank you for the model you gave us in creation of the sun going down, new day beginning, and Adam meeting with you and going to sleep and waking up to do all that you called them to do. Help me to take advantage of the time that I can control. It's so easy to focus on what I can't do and what time I don't have. Help me to remember time is spent, not found, and I pray you give me the grace to spend it well. Amen

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

- Make a wind down plan for your day to help you get enough sleep.
- Make a plan for your before and after work time. Be intentional about what you want to do during those hours. Make time there to take the next steps God is wanting you to take.
- Decide to be inaccessible at times to be fully present in your life. Maybe turn off data after a certain time so only phone calls come in. Use airplane mode or "Do Not Disturb" if you need to.