

Summer Traditions Relax

TALK IT OVER

Key Scripture

"The Lord God took the man and put him in the garden of Eden to work it and keep it." Genesis 2:15 (ESV)

"Remember the day of rest by observing it as a holy day. You have six days to do all your work. The seventh day is the day of rest—a holy day dedicated to the Lord your God. You... must never do any work on that day. In six days the Lord made heaven, earth, and the sea, along with everything in them. He didn't work on the seventh day. That's why the Lord blessed the day he stopped his work and set this day apart as holy. Exodus 20:8-11 (GW)

"Now, this is what the Lord of Armies says: Carefully consider your ways! You planted a lot, but you harvested little. You eat, but you're never full. You drink, but you're still thirsty. You wear clothing, but you never have enough to keep you warm. You spend money as fast as you earn it. This is what the Lord of Armies says: Carefully consider your ways! Haggai 1:5-7 (GW)

"So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. Matthew 6:31-34

"But Jesus often withdrew to lonely places and prayed." Luke 5:16 (NIV)

"Divine Appointment" Examples:

- *The Good Samaritan (Luke 10:25-37)*
- *Philip and the Ethiopian (Acts 8:26-40)*

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will." Romans 12:2

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Start talking. Find a conversation starter for your group.

- How do you like to relax?
- How many hours of sleep do you normally get?

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

- 1 Corinthians 10:13 is often paraphrased as "God will never give you more than you can handle." How accurate is that statement?
- Read Exodus 20:8-11. Why did God rest after creating the world?
- Read Haggai 1:5-7. Why would God ever frustrate our efforts?
- What have you heard about other cultures around the world and how well or poorly they handle busyness and anxiety?

Start sharing. Choose a question to create openness.

- On a scale of 1 to 10, how much margin are you currently working with?
- In what area of your life do you most need breathing room? Schedule? Finances? Relationships?
- How much do you tend to be at ease at work but restless at home because work gives you a sense of progress and accomplishment?
- What do you think of the quote, "There's a connection between our willingness to create margin and our faith."

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

- What's one great thing that you need to add to your schedule this week? What's one good/bad thing you need to subtract?
- What's one thing you can give to God this week?

Start praying. Be bold and pray with power.

- *Father, thank you for creating me and redeeming me. Help me to trust in your power above my own. Teach me to be a person who, like your son, Jesus, works hard - yet prioritizes time for renewal. May your Spirit grant me true relaxation, rooted in inner peace. Amen.*

Trios: Split into same-gender groups of three for 15 minutes:

- What has God's Word been teaching you this week? Is there anything you need to repent of?
- What's something you'd like someone else to check in with you about this week?
- How's your weekly 3-2-1 challenge going?