PUSH MY BUTTONS
Part 3: Push Pause

Objective: To remind us that we are not called to live a 24/7 lifestyle. God wants us to rest so we can enjoy life and enjoy Him.

"Remember the Sabbath day by keeping it holy. 9 Six days you shall labor and do all your work, 10 but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. 11 For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

Exodus 20:8-11

- Do you feel like our culture operates 24 hours a day, 7 days a week at an unhealthily busy pace? Can you give any examples?

- Why do you think we are so obsessed with accomplishing so much? Have you ever grown weary from always having to 'do' something?

- If you could go back in time and tell the younger version of yourself to focus more on being and less on doing, would you do so?

- If you were to honestly evaluate your life and your day-to-day schedule, are you a "human being" or do you tend to be a "human doing?" Why?

- If you were to get serious about doing less and being more present in the moment, what do you think would be the hardest thing about making that change?

- The pastor said that when we choose to push pause and build Sabbath (rest) into our lives we will experience the presence of Jesus more fully. Is that something you would like in your life? What are you willing to do (or stop doing) so you can be more present with God on a daily basis?

Consider this week:

- What can you do to press pause on the busy-ness of your life and how will you spend that time?

Final Thought: God never intended for us to live a 24/7 lifestyle. When I choose to press pause, I am humbly trusting God and allowing him to renew my strength.

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