



## ***Message Discussion Questions***

**12/4/2022**

**SERIES:** All Is Calm

**WEEK: #1**

**MESSAGE:** I Can't Believe It's Not Butter

**COMMUNICATOR:** Pastor Kevin Geer

**CENTRAL TEXT/S:** Mark 6:30-31

**CHECKING IN:** How was your week? What was one of the highlights? Share wins (things God did that moved his mission forward and you closer to Jesus). What did you put into practice from last week's discussion?

**QUESTIONS TO CONSIDER AND DISCUSS:** Choose questions that will work best for your group. Feel free to add to or ask a question in a different way than is written.

1. If you could create the most relaxing weekend, what would it look like? What would be your "have to haves" to make it successful?
2. How do you define 'margin' in your life? What helps you make sure you have margin in your life?
3. Read Mark 6:30-31. Where do you like to go when you want to be alone with God? What do you do once you get there?
4. Read Mark 6:30-31. What is the context for these verses? What are some things you notice? What are some things Jesus recognizes?
5. What are some ways you 'slow down' in life? How does your pace of life now compare to an earlier season in your life? Do you have other ways of ideas on how we can slow down in life?
6. Read Mark 2:27-28. How does the Sabbath meet the needs of people? How much do you believe that and live it out? What does 'rest' look like for you?
7. When have you seen your best life come out of rest? When have you regretted not taking an opportunity to rest?
8. What does it look like for you to take care of yourself? Read Luke 22:3. Read Matthew 14:1. How do you decide when a 'time out' is private and when it should include your community?
9. Matthew 14:1 Jesus takes a "time out". When was the last time you took a time out? Why did you take one? What did you do? Where did you go and what was the result?
10. When you live a "go, go, go", calm is eliminated, peace is decreased, anxiety increases and stress multiplies. What are some changes that you can make today to not live such a "go, go, go" life?
11. Is it all calm in your heart? Is it all calm in your home? Work? School? Why or why not? What steps do you need to take to introduce yourself to a heart and home of calm? Be Specific.

**TRUTH DEMANDS A RESPONSE!** What is one action step you will take this week in response to our discussion? Be specific. Try attaching a name and date to your action step.

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**WANT TO GROW DEEPER?** We have created some resources to help you grow. Check out and explore the Experience God page. Go to **canvas.church/grow** or **Experience God on the App**. There is a new Bible study method and in the “Make Me Better” section a new thought and challenge: *Freedom Through Confession*. Check them out and tell us what you thought.

### **GROUP PRAYER OPTIONS:**

- Prayer Question: “What’s going on in our lives that we can involve Jesus?”
- Ask: What was one praise and one challenge you experienced this week? Celebrate the praises and pray for the challenges.
- Ask if anyone has a need or knows of a need, you can also offer “unspoken” prayer requests.
- Pray for the person on your right, it can be out loud or in silence, if in silence nudge the person next to you letting them know you are done.
- Prayer Clusters: Groups of two or three (by gender) and share your week together. Pray together and for each other. Send them a text, or leave a message letting them know you have prayed for them this week.
- Have someone in your group keep an active list of the requests and the answers for both the updates and to celebrate the answers.

**Are you interested in the Bible and in helping Life Groups benefit from the weekend message? We have a team for you! Canvas members like you create these discussion guides each week. If you are interested in joining the team, please email [rickz@canvas.church](mailto:rickz@canvas.church)**