



GET YOUR LIFE BACK, PART 4: ON PURPOSE

What time is it? Where did all the time go? Does time really fly when you're having fun? There never seems to be enough time to get it all done. How can we possibly accomplish all that we need to do? At the end of the day, week, or month there always important things left undone. Maybe we think about time so much because there never seems to be enough of it. Maybe there's only one question we need to ask. What am I doing with my time? It's time you found out.

BIG IDEA: **Priority determines capacity.**

DISCUSSION QUESTIONS

1. Chris describes the little rocks of life as the unimportant things that we allow to eat up our time. What are some of the little rocks in your life? Do you agree with the idea that culture baits us into pursuing the little rocks first?
2. What's the biggest source of distraction for you...your phone, social media, interruptions or something else?
3. What are the big rocks in your life? These things are the most important to you. Which big rocks do you currently have the hardest time fitting into your life?
4. Do you agree with the statement, "Priority determines capacity"?
5. Chris says that "Busyness is the enemy of intimacy." How is busyness impacting your important relationships? With friends? With family? With God?
6. *With your Bible or BibleApp, read [Matthew 6:31-32](#).*



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.

[Matthew 6:31-32 \(NIV\)](#)

7. What are your biggest worries? Do you believe that God knows your needs?
8. What keeps you from letting go of your worries and fully trusting God?
9. *With your Bible or BibleApp, read [Matthew 6:33](#).*

But seek first his kingdom and his righteousness, and all these things will be given to you as well.

[Matthew 6:33 \(NIV\)](#)

10. Is there evidence in your life that you are seeking God first? What makes it difficult to seek God first? What can you do this week to make God the big rock in your life?

MOVING FORWARD

Spend some time this week identifying your big rocks. Make a plan to prioritize your big rocks each day. Specifically, prioritize time with God this week by spending the first productive moments of your day with him.

Decide how you'll spend your time before others decide how to spend your time for you by moving toward a fixed calendar. In your calendar app or in whatever calendar you use, chart fixed time blocks the way Chris described in the message, making sure you budget time for your key priorities.

You can use the calendar on the next page to start budgeting your time today.

CHANGING YOUR MIND

But seek first his kingdom and his righteousness, and all these things will be given to you as well. Matthew 6:33

GOING DEEPER

1. “No one will ever ask you to complete your top priorities. They will only ask you to complete theirs.” How does your life get interrupted by other people asking you to complete their priorities, not yours?
2. Jesus had an exceptional focus that ultimately led him to sacrifice his life for you and for the world. *With your Bible or BibleApp, read [Luke 9:52-62](#) and think through Jesus’ life as you know it.*

As the time drew near for him to ascend to heaven, Jesus resolutely set out for Jerusalem. He sent messengers ahead to a Samaritan village to prepare for his arrival. But the people of the village did not welcome Jesus because he was on his way to Jerusalem. When James and John saw this, they said to Jesus, “Lord, should we call down fire from heaven to burn them up?” But Jesus turned and rebuked them. So they went on to another village. As they were walking along, someone said to Jesus, “I will follow you wherever you go.” But Jesus replied, “Foxes have dens to live in, and birds have nests, but the Son of Man has no place even to lay his head.” He said to another person, “Come, follow me.” The man agreed, but he said, “Lord, first let me return home and bury my father.” But Jesus told him, “Let the spiritually dead bury their own dead! Your duty is to go and preach about the Kingdom of God.” Another said, “Yes, Lord, I will follow you, but first let me say good-bye to my family.” But Jesus told him, “Anyone who puts a hand to the plow and then looks back is not fit for the Kingdom of God.”

[Luke 9:52-62](#)

3. To what extent do you think it would have been easy for Jesus to get distracted from his true mission or even to abandon it?
4. If you could spend your time any way you wanted to, what activities would you devote more time to, and which would you cut or eliminate?
5. Chris shared his calendar (with his priorities scheduled each week) in the message. What would a fixed calendar look like for you?

MY FIXED CALENDAR

all-day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am							
7am							
8am							
9am							
10am							
11am							
noon							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							
9pm							
10pm							