

Guardrails
Week three - *"The Space Between"*
Leviticus 19:9-10, Deuteronomy 24:19, Matthew 6:31-33
Bottom line: Your willingness to create breathing room, or "space between," is an exercise of faith.

1. The message describes breathing room as "the space between our current pace and our limits." Where do you feel you have the least space to breathe right now?
2. Which signs of breathing room—arriving early, time between appointments, money left over, emotional resilience, or energy for family—would make the biggest difference in your life?
3. What makes it hard to slow down or say no? Are any of those pressures rooted in fear of missing out, falling behind, or losing control?
4. The laws of Sabbath, tithing, and gleaning all asked people to leave something undone or unused and trust God. Which of these practices challenges you most, and why?
5. Jesus says our Father knows what we need and calls us to seek God's kingdom first. What might trusting that promise change about how you use your time or resources?
6. Where might a guardrail in your schedule, spending, or commitments help you create "space between" what you could do and what you should do?
7. The message says that creating breathing room is an exercise of faith. What is one small step you could take this week to make room for peace?