



GUIDED BIBLE STUDY

God's Math: Add What Matters

Speaker: Sofia Varela

Highlighted Scripture

- James 5:13

"Are any of you suffering hardships? You should pray. Are any of you happy? You should sing praises."

Sofia uses this verse to show that every season gives us an opportunity to turn toward God. When life feels painfully full, our instinct may be to subtract. But prayer, praise, and time with God are not simply more tasks on an already crowded list - they are ways we receive strength and keep our hearts centered on Him.

Discussion Questions

- Sofia expected God to show her what to remove from her schedule, but instead felt led to add time in His Word and praise. What stands out to you about that experience?
- Why are prayer and time with God often some of the first things to get squeezed out when life becomes busy?
- James 5:13 points us toward prayer in hardship and praise in joy. What does that teach us about bringing every season of life to God?
- Sofia says adding time with God did not make her life feel heavier - it helped make the season feel lighter. Have you experienced something similar?
- What is one needful thing you may need to add or protect in your relationship with God right now?

Reflection Challenge

When your plate feels full this week, resist the temptation to let your time with God become the first thing you subtract.

Ask yourself:

- **When life becomes busy, what usually gets pushed aside first?**
- **Have I begun treating prayer, Scripture, or praise as another obligation instead of a source of strength?**
- **What season am I in right now - hardship, joy, exhaustion, or something in between - and how can I intentionally bring that season to God?**
- **Is there something I can simplify without neglecting the time I need with the Lord?**

Try this:

- **Add a small, realistic block of time with God to your day - even five or ten intentional minutes.**
- **If you are struggling, use that time to pray honestly rather than trying to create a perfect prayer.**
- **If something good happens, stop long enough to praise God instead of immediately moving to the next task.**
- **At the end of the week, reflect on whether making room for God changed the weight of the week, even if your circumstances did not change.**

Remember

- **A full schedule does not have to mean an empty spiritual life.**
- **In hardship, pray. In joy, praise.**
- **Time with God is not merely another item on the list.**
- **Sometimes what we need most in a busy season is not less responsibility, but deeper dependence on God.**
- **We can protect the things that keep our hearts connected to the Lord.**
- **Add what is needful, and trust God with the rest.**

Prayer

Father God,

Thank You for meeting me in every season of life. When my schedule feels full and my responsibilities feel heavy, help me not to push You to the edges of my day. Teach me to come to You in prayer when I am struggling

and to praise You when I am joyful.

Give me wisdom for the responsibilities You have placed in front of me, and help me protect the time that keeps my heart close to You. When I feel like I have nothing left to give, remind me that time in Your presence is not simply another burden to carry. Use it to strengthen me, renew my perspective, and help me walk faithfully through the season I am in.

**In Jesus' name,
Amen.**