

Summer at Hope

WEEK 7- WHAT YOUR RELATIONSHIP WITH GOD NEEDS

BIG IDEA:

We can all relate to the feeling of having too much to do and not enough time to do it. This week, we are looking at ways to create margin, breathing room. We need margin in every aspect of our lives. Between your responsibilities and your limit is where margin lives.

KEY VERSES:

Hebrews 13:21, "Equip you with all that is good to do His Will, working in us what is pleasing in His sight, through Jesus Christ."

1 Corinthians 6:12, "You say, 'I am allowed to do anything'- but not everything is good for you. And even though 'I am allowed to do anything,' I must not become a slave to anything."

1. Have you ever reached your limit? Do you remember how that felt?

Key Point #1: Recognize Your Warning Signs

Key Question #1: What are your warning signs when you have no margin?

2. How do you respond when you feel overwhelmed?
3. How do you know what your limits should be for how to best use your time and energy?

Key Point #2: Reflect on What Triggers you

Key Question #2: What in your life brings out your warning signs?

4. How can you recognize when you have taken on something without God's direction?
5. How do you know when God is speaking to you? How do you recognize the things that God is calling you to do?

Key Point #3: Be Ready

Key Question #3: How are you preparing for the obstacles in your life?

6. How prepared would you say you are to combat the attacks from the enemy?

Key Point #4: We Respond Through Rest

Key Question #4: What do you need to prune from your schedule to achieve rest?

7. What do you need to prune from your schedule to achieve rest?

MOVING FORWARD:

There is a time for everything; even when there is a season where something fits into your schedule, a time may come when it no longer has a place. Just because we can doesn't mean that we should. Let's get real about what is truly a priority and what is just filling space. God wants our time and attention and an honest relationship with Him. **Discuss as a group the things that you need to say no to so you can say yes to the things that matter.**