



Part 1: Make the Trade

1. Sunday we did the RPMS activity together. If you weren't there, you can find the activity online (anthemchurch.com/burnout). After doing it, what are your general observations? Is there one area you need to really think about giving intentional energy to? Share about that.
2. Do you have a tower? Through the story of the Tower of Babel, we see God's people taking things upon themselves to "build a name for themselves". The Hebrew word for "name" can also be translated "identity". Is there something your building that is becoming your identity? How have you seen that in your own life?
3. Do you think you could live by the NOMO motto? Necessity Of Missing Out. Depending on your personality, you like that or hate that. How does that settle with you?
4. We were invited to stop doing something new to start doing something good for you. What's a "good thing" God has for you that you want more of? What would it be like for you to make that trade? Talk about the tensions you feel and the opportunities to experience more of the Good Life God has for you.
5. What is God inviting you to do next? Share that with your group or people in your life.