

# Breathing Room - Pace Yourself

## LIFE GROUP QUESTIONS



**Key Verse:** Exodus 20:9-10 - “You have six days in which to do your work, but the seventh day is a day of rest dedicated to me.”

1. Before this week’s message, would you say the “Pace” of your life was under control, out of control, or at the right pace? Why?

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2. Which one of the 5 areas of Hurrying do you need to stop allowing to negatively impact your life? In what way have you seen it impact your life the most?

- a. Hurry increases my stress.
- b. Hurry decreases my joy.
- c. Hurry makes me less productive.
- d. Hurry dries up my love.
- e. Hurry keeps me from hearing God.

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3. From the four things we have to learn, which one is a key for you to have some breathing room in your life?

- a. Learn to be content.
- b. Learn to say “No!”
- c. Learn to take a weekly sabbath day of rest.
- d. Learn to trust in God’s perfect timing.

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4. What is something you are trusting God for in your life, right now?

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