

# Breathing Room- First Steps

## LIFE GROUP QUESTIONS



**Key Verse:** Job 3:26 - I have no peace! I have no quiet! I have no rest. And trouble keeps coming!

1. Pastor Chris stated, "The pace of life has gotten faster and faster." Do you believe this statement is true, why or why not?

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2. It was stated that the goals of this series are: 1 -Lower your Stress. 2-Increase your Peace of Mind, and 3 -Live Life Bigger & Better. Which of these are you most looking forward to achieving?

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3. Out of the 3 steps that Pastor Chris shared, which step do you need to work on first in your life? Accepting my human limitations. Asking myself what drives me to overload my life. Pruning my activities regularly.

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4. Keeping in mind the phrase: "Some things are not necessarily wrong, but they're just not necessary." And 1 Cor. 6:12 "Everything is permissible for me, but not everything is beneficial." How well do you say no to adding "good things" into your life or into the lives of your children?

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