

Spiritual Disciplines

Discussion Questions: Pace

1. Am I content with the current pace of my life? Why? What has brought me to this spot?
2. Does the current pace of my life allow me time to be healthy and effective?
Sleep, stress, rest
 - a. If I want my axe to be sharp (the use of my time to be effective) then what do I need to start prioritizing first that I have not been?
 - b. What has been getting in the way of prioritizing these things?
3. If my responsibilities = time x effort, and I cannot manage my current responsibilities, then what in the area of effort or responsibility should I change?
 - a. What are the primary responsibilities of my life?
 - i. Hint: My relationship with God should be #1
 - ii. Does the use of my time proportionally reflect those responsibilities?
 - b. What responsibilities are good but not the best? Which of those can I let go of?
 - c. Am I spending time doing things that are neither my responsibility nor sharpening my axe (i.e. they are just wasting my time away)?