

Date: May 7-8, 2022

Title: "Time of Your Life" Week 2

Connect with Each Other:

Icebreakers

You can use these questions to break the ice in conversations as you start your group.

- You can only eat one food again for the rest of your life. What is it?
- What are your top three most used emojis?

Pray Together

- Pray for how each of your group members wants to learn how to rest

Connect with God:

Message Summary

You may want to ask a group member to recap the message so everyone is ready to discuss the message, especially if some people missed gathering that weekend. If people are having a hard time remembering, you can use this summary to help give a recap.

- To win the race of life, we must run with purpose
- To run with purpose, we must rest with purpose
- 3 things in our spiritual lives that we need to run the race of life.
- -hydrate ourselves with Gods presence. (Gods word)
- -support in our lives (people/community)
- -resting, pausing, stretching is a way for our spiritual lives to recover.(sabbath)

Key Bible Verses

"I do everything to spread the Good News and share in its blessings. Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. So I run with purpose in every step. I am not just shadowboxing. I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified."

1 Corinthians 9:23-27 NLT

"Before daybreak the next morning, Jesus got up and went out to an isolated place to pray."

Mark 1:35 NLT

"Keep the Sabbath day holy. Don't pursue your own interests on that day, but enjoy the Sabbath and speak of it with delight as the Lord's holy day. Honor the Sabbath in everything you do on

that day, and don't follow your own desires or talk idly."

Isaiah 58:13 NLT

"Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."

Matthew 11:28-30 NLT

Discussion Questions

You can use these questions to help guide your discussion. Think through any helpful ways to preface the questions for your group (a quick recap of a part of the message, reading the associated verse together, etc.)

1. Does life ever feel like a race? Why or why not?
2. What are you running toward in the race of life? What is your "why" for running?
3. Does this verse mean that we should compare our lives ("races") to one another? (1 Corinthians 9:24)
4. How are you disciplined in living out your faith? (1 Corinthians 9:25-27)
5. To run the race of life we need regular hydration from God's Word. What is your plan for practicing a slot and spot?
6. To run the race of life we need good support. Who are you surrounding yourself with to encourage and challenge you spiritually?
7. To run the race of life we need to stop and rest. What is your plan for practicing a Sabbath?