

SMALL GROUP DISCUSSION GUIDE

For the week of July 12-18, 2020

“BUSYNESS: THE PATHWAY TO A TRIVIAL LIFE”

GETTING STARTED

To the facilitator: As your group begins, use this section to introduce the topic. If possible, give a brief recap of the sermon.

Share a memorable point, a spiritual lesson, a personal application, a question, or something that challenged you from the sermon last Sunday.

What in your view would it look like to be busy in a positive and in a negative way?

GROUP DISCUSSION

1. Read Mark 1:21-39. What is the response of the people who witness the miracles performed by Jesus? What does verse 38 tell you about Jesus' perspective and way of doing ministry?
2. *Share.* Recall the last time you felt a sense of satisfaction and accomplishment for something that you have done. In what way did this motivate you to want to do more (but lead to unhealthy busyness)? Did you ever take the time to discern and ask wisdom from the Lord for your next move? Why is this so counter to the norm?
3. Pastor Nic described Jesus as a person who is busy but not hurried. Why does being rushed and hurried lead to superficial and “autopilot” living? Can you think of specific situations or examples where this happens? How does it affect being present to the moment? Being present to God?
4. List the top three areas that you think lead a person to a shallow life? What is the number one sign to indicate that you're already too busy? What kind of boundaries should you set?
5. *Share.* One of the soul shifts this week is to “slow down.” Have you ever applied this before? How and in what situation? What about the 60-second pause? How did these simple practices help you?
6. Pastor Nic shared that “the basics are simple, but hard to do consistently.” Though most Christians are convinced of the importance of daily Bible reading and prayer, why do you think it is so hard to be consistent? What things do you do in your times of prayer and Bible study to help you focus your mind and thoughts on the Lord?

7. Discuss some potential initial action steps to improve your daily time with God, taking it one step at a time. What would some of these steps look like? Be sure to apply it this week and share your progress next week.

8. [NEXT STEPS]

This week, our reminder is: To experience the life of Jesus, we have to adopt the way of life of Jesus.

- I will set boundaries in _____ by _____.
- I will develop the habit of being intentional to slow down, quiet my soul and refocus my eyes on Jesus everyday.
- I will read my Bible and pray daily.
- I will seek to discern God's will in my decision making.

Don't forget to:

- Go through the devotionals everyday this week.
- Have a regular daily time of prayer and reading of God's Word.
- Commit 30 minutes a day for God's intervention in this fight against the COVID virus.

CLOSING THE SESSION.

Close the session by taking the time to pray for one another. Consider the following as you pray:

- Pray to grow in following the lifestyle of our Lord Jesus particularly in the area of your pace and perspective in life.
- Pray for a closer walk with Jesus.
- Take the time to pray for our nation, for peace and for the gospel to prosper during this time of the pandemic.
- Pray for those who are hurting, going through fear, worry and anxiety in the group.
- Pray for your unsaved family, friends and loved ones.