



Going Under- Week 1

Over-scheduled, overwhelmed, I feel like I'm about to go under. Something has got to change.

Conversation Starter: Pick one of the questions below to get started-

- When it comes to your schedule, are you planned out and methodical or react to life as it happens?
- What is something that tends to push you over the edge?

Discussion Questions:

Question 1: Margin is the space between healthy and pain. Why do people tend to overestimate how much they can squeeze in their schedule?

Question 2: David mentioned some common reactions to getting overwhelmed. When life gets crazy, do you tend to feel resentment, get easily irritated, work harder, or shut down?

Question 3: Describe a time where you felt like you were going under. What do you do when you feel overwhelmed?

- **Read Exodus 35:1-3**

Question 4: Do you practice God's intentional plan for rest- the Sabbath? If not, what stops you from taking the time to slow down and unplug from your regular routine.

- **Read Matthew 6:31-34**

Question 5: A lack of margin is a reflection of a lack of faith. In what areas of your life do you need to place more trust in God, so you aren't tempted to fear missing out, falling behind, or making your mark?

Question 6: How would creating some white space free you up to live healthier this week? What's one step you can take this week to begin to cut out some of the stress that pushes you beyond your breaking point.

Next Steps:

- **Trust God-** If you aren't in the habit of Sabbath, taking an intentional day to pause from your work, commit to trying it for this series.
- **Reduce Stress-** If we are going to thrive, we need to leave room for the unforeseen and the unknown. This week, do the hard work of figuring out what you need to cut out so you can move from pain to health.

Prayer: God, sorry for those times we place other things ahead of you. Help us to put you first. Help us to make the most of our time but not overcrowding our time to the point where we move from health to pain. Give us the wisdom we need to do life well by trusting you with our time.