



Going Under- Week 2

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-

- What are some routines that are part of your regular rhythm? How did you develop them?
- When you make up in the morning, what's the first thing you do?

Discussion Questions:

Question 1: Does your weekly routine leave you feeling refreshed or burned out?

Question 2: What is something you do almost every day? How does the thought of intentionally pausing that activity cause you anxiety?

- **Read Proverbs 13:18**

Question 3: Would you describe yourself as a disciplined person? Why or why not?

Question 4: Another aspect of discipline is delaying gratification. How skilled are you at saying no to what you want now so that you can say yes to what you want most?

Question 5: Share a time when you decided to practice discipline, and it paid positive results.

Question 6: David shared that to be successful with setting goals, we need the ability to make decisions in advance. Why is it so important to invite God into our setting our path before we face crucial choices?

Next Steps:

- **Decide-** Take some time to sit down and consider the crucial decisions you need to make now before you need to decide. Invite God into that process.
- **Practice Listening-** If you're not in the habit of having a regular chair time, a few focused minutes talking to God, and hearing from Him through reading the Bible, start that discipline his week.

Prayer: God, help us to be people who listen to you and do what you say. Please give us a vision for the future that will compel us to live differently. Thank you that with Jesus, life is better, and we are better at life! Help us to hear your voice this week as we seek to live as people who will prioritize pain over pleasure so that we can live the best life possible.