



## Going Under- Week 3

*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-**

- Would you rather show up to every appointment late, or leave every meeting early?
- Would you rather have a week of nothing to do or a week that's jam-packed?

### **Discussion Questions:**

**Question 1:** What activity makes you wish you could slow down or stop time?

**Question 2:** Most of us live such busy lives that we can't be fully present. Describe a time you weren't fully able to engage the moment because you were overwhelmed by your schedule?

- **Read Psalm 90:1-6**

**Question 3:** How have you operated under the false way of thinking- "If I can work faster and more efficiently, I can fit more in?"

**Question 4:** Time is not a renewable resource. How does this truth make you evaluate how you are spending your moments?

- **Read Psalm 90:12**

**Question 5:** Wise people live with the perspective that time is limited. How can slowing down help us make the most of our time?

**Question 6:** The people closest to you do not want or need you to be accomplished, efficient, or successful; they need you to be fully present. What do you need to do this week to create the margin to be available to those who matter most?

### **Next Steps:**

- **Say No-** You have permission to set parameters on your schedule. Don't feel guilty for passing on an opportunity or appointment.
- **Give Things Away-** You don't have to do everything yourself. It's okay to delegate responsibilities or create systems to free up your time.
- **Set Limit-** There are things in your life you enjoy that you need to limit. Create space for the things that matter most.

**Prayer:** God, help us to number our days so we can gain a heart of wisdom and live with a perspective that will make the most of our limited time on this earth. Give us the courage to say no, give things away and limit things that ultimately don't matter so we can do more with the time we have now.