

# MESSAGE BASED QUESTIONS



## I Choose- Week 4

*What we choose matters. No one drifts into being remarkable—the choices we make will either get us there or hold us back. It's time to take a step forward. Are you ready to choose?*

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

- What is something you've always wanted to do but could never find the time?
- If you had an extra hour every day how would you spend it?

### **Discussion Questions:**

**Question 1:** It seems like calendars continue to get crammed beyond reason. What are some examples of events that compete for our time and attention?

**Question 2:** Growing up did your family tend to prioritize minutes (tasks) or moments (memories built through shared experience)? How has that shaped your wiring as an adult?

- **Read Luke 10:38-42**

**Question 3:** As you listen to this story, do you tend to resonate more with Martha or Mary? Which type of person does our society tend to value more?

**Question 4:** Why do you think it's difficult for so many of us to pause on trivial tasks to invest in what matters most?

**Question 5:** People who've learned to choose important over urgent know to do first what matters most. What are the one or two big rocks that you need a renewed focus on in this season of life?

**Question 6:** In those areas you've identified, what's one step you can take this week to ensure that the urgent doesn't crowd out the important?

### **Next Steps:**

- **Craft a vision-** Think through the legacy you hope to leave. What do you want those closest to you to say about you when your time on this earth is through?
- **Develop a routine-** Remarkable living never happens by accident. Once you've identified who and what needs your best time and attention, begin to build rhythms into your life to naturally support your vision.
- **Practice the art of no-** You alone determine what level of priority things have with the time we've been given. Practice saying no to good things so you can make room for the best things.

### **Prayer:**

God, help us to not trade minutes for moments. Help us to pause and be present with you and with others because those are the only things that will last forever! Give us the wisdom to identify the areas of our lives that are out of sync and empower us to choose to spend our time in a way that helps us honor you and others well. Amen.