



**JANUARY 22-23 WEEK 3:**

## Better than Busy

### Questions

1. What illustration, story or scripture had the greatest impact on you this week?
2. Why do you think we allow distractions in life to take up so much time and disrupt our priorities? Share an example of when you experienced out of order priorities and their impact.
3. In Genesis 2:2, we are commanded to rest regularly. How have you seen your life impacted when you have followed that command? And when you haven't?
4. Of the three guides to better priorities that Pastor John mentions, in which area do you need to spend more intentional time?
5. What biggest rock do you need to select to work on this week and moving forward? (Refer to the list below). How will you stay accountable?
6. Where or to whom do you have the hardest time saying "no"? Why do you suppose that is and what can you do to make saying "no" the regular "weeding of your well-kept garden?"

### Scripture References

Genesis 2:2b, 3b; Psalm 46:10b; Luke 10:38-42; John 11:1, 4-6

### Takeaways

- God-like living gets the important things done - with margin for the rest.
- 3 Steps to Reduce Stress:
  - Declare your priorities.
  - Build your priorities into a realistic daily and weekly routine.
  - Set boundaries around your priorities and get good at saying "no."
- Guides to Better Priorities:
  - God's Word
  - God's Spirit
  - God's People
- If you don't own your schedule, it will own you. Timing our priorities is an expression of God's nature in us.
- Start with your biggest rock:
  - Your personal time with God
  - Your 1:1 time with a spouse.



- Your time with any children.
- Your weekly worship with Church.
- Your work and responsibilities
- Your rest

### Weekly Action Step

Pick one of the three steps to reduce stress that needs the most attention and begin applying it to your life this week.