

Discussion Guide

04/28/2024

Habits and Rabbits, WK4 Distracted Faith P2

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Main Idea

The habits we choose will determine the number of detours we take. Our choices can either steer us in the direction of God's design for our lives or divert us from his plans and blessings. Too often we are exhausted because we're busy doing things that aren't our business. We prioritize things that aren't a part of God's assignment for your life. Today we need to find His rest. Rest in the Lord refers to a spiritual rest from confusion, worry, and stress.

Anchor Verse:

The fundamental fact of existence is that this trust in God, this faith, is the firm foundation under everything that makes life worth living. It's our handle on what we can't see. (Hebrews 11:1, MSG)

Read Psalm 37:7

Busy Isn't Working

We need to find our cadence to make the most out of the time we've been given. Pace is proof of maturity, and it also will unlock longevity in your life.

Read Psalm 90:17, Proverbs 16:9, Luke 10:38-42

What is keeping you busy? In what way is that business keeping you from a sustainable rhythm in life as God prescribed?

Pride Isn't Productive

Humility is not thinking less of yourself, it's thinking of yourself less.

Read Proverbs 16:18

What is in your life is "me, myself, and I" focused?

Fear Will Rob You Of Your Faith

Fear tolerated is faith contaminated. We can trust Him because we know so much about Him. Faith is not the absence of fear, but the courage to walk forward despite it.

Read 2 Timothy 1:7, 1 John 4:18, Psalm 46:1, 27:1, 18:2, Romans 15:13

What are you doubting God can or will do? What fear is keeping your faith from advancing?

SUMMARY

When we prioritize our time with Jesus, we work from rest, and He in return gives us discernment and direction. Along the way, we need to keep pride at bay by checking our motives and having an attitude of gratitude. As doubts and fears arise, we remember His words and what He's already brought us through.

CALL TO ACTION

1. Take some time this week to study the scriptures and discover what "rest" should look like for you. Then, pray over your schedule and make the necessary changes as God leads.
2. Seek accountability with a close friend who can provide honest feedback to help you stay grounded and keep pride at bay.
3. Make a list of the things that God has already done in your life. Believe that there is more to come as you continue to seek Him.

GROUP LEADER RESOURCE

Game: Fact or Fiction

Parents often share with their children the "story" behind their names. Give members the chance – either with the large group or divided into smaller groups – to tell the story behind their name or they can make one up. Groups can vote if the story sounds like fact or fiction. This can also be done with middle names.