



**Ridge Group Lesson "The Schedule" – July 6, 2014**

**Getting Started**

What has been your favorite family vacation you have ever taken?

Would you characterize yourself as someone who lives by a schedule, or someone who sometimes consults your schedule?

**Digging Deeper**

Read 1 Kings 19:1-9

Why do you think Elijah was scared, especially after what has just taken place on Mount Carmel?

Are you surprised at how God handled the situation? Why or why not?

Read Matthew 14:22-23

What can you learn from this passage of scripture?

Do you make time to be alone in your life? What are the benefits of some alone time?

**Bringing It Home**

Why do you think we allow our schedules to dictate our lives?

Do you feel like you have a good handle on your schedule? If so, how did you accomplish it? If not, can you identify areas that are out of control?

The reoccurring theme in the message was that life is better when we are moving at a sustainable pace. What does a sustainable pace look like to you and your family?

There were two challenges in the message, to take a day and rest and to start your day by spending time with God. Do you plan to do this? What is your plan?

Spend some time praying together as a group.