

CONNECT GROUP DISCUSSION GUIDE

Week #3 – Reclaim Your Time



GETTING STARTED

Share about a time when you got “lost” online – maybe scrolling, watching, or gaming – and realized way more time had passed than you thought.

THIS WEEK’S THEME

If you were given 60 extra days this year, how would you want to spend them?

When do you feel most “time-poor”? What tends to drive that feeling?

How does distraction affect your relationships with people close to you?

Which of your daily or weekly routines helps you slow down and focus on what matters?

Read Together: Ephesians 5:15–17 & John 11:1–44

What does it mean to “make the most of your time” in your everyday life?

What kinds of things steal your time or leave you feeling like your day slipped away?

Paul calls us to live “wise” lives. What’s the difference between living wisely with time and just being “busy”?

Why do you think Jesus delayed going to Mary and Martha, even though He loved them?

How does Jesus’ unhurried response challenge the way we often approach time and urgency?

What is one practical boundary you could set with technology this week to “cancel the noise” and reclaim time for what matters?

TAKING IT HOME

Choose one simple boundary to put in place this week to protect your time – for example: no phones at the dinner table, setting “do not disturb” hours, or leaving your phone in another room at night. Share your plan with the group for accountability.

PRAY

Lord, thank you for the gift of time. Help us cancel the noise, slow down, and spend our minutes on what truly matters – loving you and loving others. Amen.