
USE THESE QUESTIONS AND RESOURCES TO HELP YOU PROCESS THE MESSAGE IN YOUR PERSONAL STUDY TIME OR WITH YOUR GROUP.

Message Recap: We're all busy. Our schedules are packed with career, family, friends, church, and other responsibilities. Sometimes our days are so full that we don't enjoy anything because we're trying to do everything. Our relationship with God and with others benefits when we create breathing room in our schedules. But where do we start?

» Main Points

- Breathing Room is the space between our current pace and our limits.
- Your time is a gift from God, and it's limited.

» Getting Started

- Talk about one of the happiest times in your life. What was your schedule like during that period?

» Observation

- Read and reflect on Psalm 90:1-12.
- What are your initial reactions to these passages? What do you find challenging? Are you encouraged by any of these verses? Why?

reachout

- Talking about Time this week. Sometimes I think we don't invest in relationships with our neighbors, co-workers, and friends because we don't have any time for that. As you create increased margin in your schedule, think about using some of that margin to invest in the people around you.

growdeep

- Think about how you managed your time last year. What would you like to do differently this year?
- Read Psalm 90:10-12. Do you tend to think of your days as endless? Why is it difficult for us to number our days?
- Do you currently or have you ever kept a Sabbath day? If so, what were the benefits? If not, what is challenging about the idea of taking a day off from your responsibilities and obligations?
- What is one thing you need to add to your schedule? What is one thing you need to subtract?
- What is one thing you can do this week to begin to create breathing room in your schedule? What can this group do to support you?

partner with families

- As a family, take some time this week to discuss what a Family Sabbath could look like. Ideas could be planning a family game night without devices, sharing a meal together, or going somewhere special to escape your regular habits. Think about what your family needs to prioritize saying "yes" and "no" to.

» Next Steps and Prayer

- Whether it's work, family, or other obligations, something will control your time. Why not give control to the One who gave it to you? Creating breathing room in your schedule begins when you recognize that time is limited . . . and therefore valuable. Use your time wisely.
- Close by praying that God would show you how you can create space with your time to spend with him and your family.