



TALK IT OVER

Our Talk It Over is prepared each week by the teaching pastor and is designed to prompt insights, questions and dialogue based on the life experience of each listener. Using these in a group setting after hearing the message is similar to the practices of the early church in Israel.

LIFE 101

Making Space for Healthy Living

1. How often do you find yourself overwhelmed by busyness, and what specific activities or commitments contribute most to this feeling?
2. What “margins” or intentional breaks can you build into your daily life to ensure you have space to rest and reflect?
3. How might you incorporate daily spiritual practices, like prayer or reading scripture, into your routine to help guide your decisions and provide peace?
4. Do you struggle with the anticipation of upcoming events or seasons? How can you focus on the present moment instead of dreading what’s ahead?
5. How does structure help you feel more grounded, and what routines or schedules can you implement to create a healthy balance in your life?

