



# 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.*

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## Warm-Up:

What's the busiest season of life you can remember, and what helped (or didn't help) you get through it?

## Discuss:

1. Why do you think busyness feels like a “badge of honor” to so many people?
2. Can you think of a time when slowing down actually helped you notice something important you might have otherwise missed?
3. How do you see the tension between “hustle” and “rest” play out in families, workplaces, or friendships today?
4. Where in your life do you feel you're moving too fast right now?
5. What is one small adjustment you could make this week to move at a healthier, more intentional pace?
6. What would it look like for you to invite God into ordinary daily moments (commutes, meals, bedtime routines)?



## Pray:

Lord, thank you for reminding us that our worth is not found in how much we do but in who we are in you. Teach us to trust your timing, to walk at your pace, and to rest in your presence. May we find joy and peace in slowing down, and may our lives reflect your rhythm of grace. In Jesus' name, amen.

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