



Our Talk It Over is designed to prompt insights and dialogue based on the life experience of each participant. Using these in a group setting after hearing the message is similar to the practices of the early church in Israel. Choose just one or a few of the questions to consider this week. It's also a great tool for individual reflection.

Warm Up

What time of year is your calendar the busiest? What makes it so busy?

Discuss

1. Our calendars can fill up before we realize it. What usually gets pushed aside first when life gets busy? Why do you think that's the case?
2. Why do we need other people to help us stay grounded when life gets busy?
3. Why do you think doing one thing consistently can be more helpful than trying to change everything at once?
4. When you're busy, what helps you stay connected to the things that matter most?
5. What kinds of opportunities or needs around you might you be overlooking because you're simply too busy?
6. What's one thing you could intentionally change about your schedule to make more room for what matters?



Apply

Once a day this week, pause for a moment before you check your phone, during your lunch break, in the car, or before bed and ask: "God, what do you want me to notice today?" Then sit quietly for another moment.

Put a check mark on your calendar each day you do it -- aim for 5 out of 7 days. The goal isn't to have a profound experience every time. It's simply to practice creating a little space to notice God in the middle of a busy season.

Pray

God, thank you for being with us in every season. When life gets busy, help us pay attention to what matters most. Show us the one next step you're asking us to take, and give us the courage to take it. Help us gather, grow, and go with intention and be aware of your presence wherever we are. Amen.