

## SMALL GROUP QUESTIONS

“Joyful”

Week of October 1, 2017

### **CENTRAL TRUTH (Luke 10:38-42)**

I have to slow down and prune if I want to experience greater joy in the Lord.

### **GETTING TO KNOW YOU**

1. Explain which phrase best describes your current physical, emotional, and spiritual state?
  - a. I'm exhausted.
  - b. I'm about to have a nervous breakdown.
  - c. I'm fine.
  - d. I feel joy in the Lord!

### **TAKING IT HOME**

2. How does your emotional and physical well-being affect your spiritual well-being? How are they connected?
3. In what area of life do you wish you had more margin?
4. What are your top values? Highest priorities? How does the way you spend your time reflect or fail to reflect your values and priorities? What has been the consequence or reward?
5. What activities can you prune out of your life, either temporarily or permanently, in order to create more margin?
6. How does this quote from Sunday speak to you? Please explain.

*“If you don't prune activities out of your life, then God will do the pruning for you. It will happen through an illness or crisis or a loss because you cannot live beyond your limits month after month, year after year.”*

7. When is your Sabbath and what does it look like? [Note: Sabbath is one day out of the week that is set aside from all other days to rest and focus attention on God in a special way. The goal is to devote myself to those things that deepen my relationship with God].
8. PRAYER: Pray that you will experience more joy in the Lord as you create more margin in your life.