

WEEK 7 - What Now?

Pace of Time & Expectations

Spring Emphasis 25 // Canopy Guide

CONVERSATION STARTERS:

These questions are great for breaking the ice and getting your group talking. Pick a question or two that fits your group for an all play conversation.

- If you could create a time machine, where would you go and why?
- On a scale of 1-10, how rushed do you feel during your typical day?
- What are some ways you actively try to “slow down time” and savor moments?

WEEK 7 VIDEO INTRO: [CLICK HERE](#)

SCRIPTURE TO READ

- Genesis 1-2; Exodus 20:1-17
- Psalms 127, 104
- John 5:16-17; John 9:4-7; Matt 11:28-30

DISCUSSION GUIDE

No single pattern of a daily routine is going to work for every person, but Christians determined to live by the guidance of the Holy Spirit can find help in considering some basic principles for ordering our lives as the Spirit leads. Finding a lifestyle of balancing responsibilities with adequate rest and consideration for other people, all while deepening our relationship with God both needs and deserves careful attention and a clear determination of priorities. Throughout all of Scripture we see the times where God emphasizes the importance of rest and Sabbath. As humans, we are not exempt from needing rest simply because the world tells us there is no time for that. Let's turn to

Scripture and some discussion questions to look at what God says about the pace of life we are living and the call to rest.

DISCUSSION QUESTIONS (pick the ones you want to talk through - the list was too good to condense)

1. Think of the hours in your week as a budget. What gets the first pick of your time? How do you budget the rest of it? What gets the last bit of your time?
2. Read Psalm 127:1-2. How does that speak to a pressured lifestyle today? How much do time pressures and deadlines affect your sleep or daily well being? Is it wrong as a Christian to want to accomplish much and do well in work output? Should Christians be laid back and unruffled, unpressured, while others are frantic and slaving away?
3. How do you reconcile the apparent emphasis of these Gospel passages:
John 5:16-17 John 9:4-7 Matthew 11:28-30
With the emphasis of resting in Genesis 1:27-2:3 and the commands in Exodus 20:8-11 and Deuteronomy 5:12-15, is a sabbath rest still important for Christians? Can a person observe the practice of non-traditional labor on one day out of seven without becoming legalistic (or like the Pharisees) about sabbath rules?
4. Since we are all wired differently, no one system of time management or stewardship works for everyone. What works best for you to keep your priorities in line with your faith regarding time use? What do you do when you feel tired? Can you work hard (“a good day’s work for a good day’s pay”) and yet know assuredly that you are also resting in Jesus? Some would say we are powered by an inexhaustible battery (the Holy Spirit), but does that justify working or pushing to the point of exhaustion physically?
5. What do you consider to be a Sabbath? Do you take time for a day of rest weekly? Do you feel you need it? What would that look like for you? Would this Spiritual practice benefit your daily life? What about your walk with God and others?
6. What does rest have to do with dependency on God? Are you able to give up full control of your time to God?

RESOURCES

These resources are great for leader prep and for group member follow up if you're interested in learning more on the topic today.

- [The Restless Craving for Rest Podcast](#) - This is a one hour podcast from the Bible Project that discusses the prevalence of Sabbath throughout the Bible, what Sabbath means, and what it means to hold the Sabbath. This is the first in a 14 episode series.
- [The Ruthless Elimination of Hurry](#) by John Mark Comer (or any of his other writings on Sabbath)
- Sermon, 3/16/25, [Turning - Elijah: a Prophet Repents](#)