

Sunday: January 28, 2024

Series: A Better Way

Sermon: When You are Too Busy For What Matters

Speaker: John Inthof

Scripture: Matthew 11:28-30 (The Message), Psalm 90:12, Ephesians 5:15-16

Worship

Listen to a Worship song (If you need suggestions, you can use one from the YouTube Playlist for this week) or express something that you are thankful to God for.

Welcome

Check In – How is everyone doing (good things, teaching applied, lessons learned, prayers answered)?

Word

- What is something that helps you to relax?
- Read: [Psalm 90:12](#), [Ephesians 5:15-16](#)
- What do these verses teach us about time?
- Why is time a big issue in our society?
- Pastor John suggested that people have the tendency to put too many things in their schedule or they prioritize the wrong things. Have you seen this in your or other people's lives?
- How can we be busy and waste so much time simultaneously?
- When life feels rushed, it's usually because we are running from something or running to something. Share a time when you experienced this. What are you often tempted to run to or run away from?
- What three things matter most to you? Why did you choose these things, and how can you prioritize them?
- What will you do to walk slowly enough to experience Jesus fully and love people deeply? How will you know when you're doing this well?
- What do you need to apply from this lesson?

Witness

As we start the New Year, who are you praying for to come into a relationship with Christ?

Prayer

Prayer: Father, show us what it's like to be present in the moment. Help us walk slowly enough to experience You fully and love people deeply. In Jesus' name, amen. Pray for any prayer requests you have.