

SMALL GROUP DISCUSSION GUIDE

The Good Life - Week 2



CONNECT

Spend some time checking in. What are highs and lows since you last met? How can your group members pray for and support each other this week?

GROW

Reflecting on how you spend your time? What consumes most of it? What do you say yes to that you would like to say no?

How does technology in your life actually make you busier instead of giving you more leisure time?

There are four fears that we have when it comes to being busy, which fear resonates with you the most? Fear of Missing Out, Fear of Not Mattering, Fear of Falling Behind, Fear of Disappointing Others

What are some of the symptoms of “Pathological Busyness” that you experience?

How can you resist the temptation to be too busy in your life? Of the three ways to combat busyness (Slow down, Simplify, and Sabbath) which way could you implement this week?

BIBLE

Read Genesis 2:1-3, Mark 2:27, Matthew 11:28, Matthew 6:25-27. What do you notice?

PRAY

Gracious God, life was never meant to be lonely, hurried, and anxious. Guide us to live the good life you invite us into. In your son's name, Amen.

