



**USE THESE QUESTIONS AND RESOURCES TO HELP YOU PROCESS THE MESSAGE DURING YOUR STUDY TIME OR WITH YOUR GROUP.**

**Message Recap:** Most of us find our value and worth by how we've prioritized our resources - time and money. When we go the wrong way in the Cycle of Works, we seek significance from our achievements. We matter because we produce and perform. This is why we may find ourselves attaching our identity to what we do and how good we are at it. Our careers or achievements can become idols—things we build our life and worth upon. But what if we prioritized our lives by simplifying and detaching value from “stuff” when we clear the clutter?

» **Main Points**

- [The Cycle of Grace](#) - Trevor Hudson and Jerry P. Haas
- Let Them
- Let Me

» **Getting Started**

- What are some of the distractions that prevent you from “getting away from the noise?”

» **Observation**

- Read and reflect on [Mark 1:35-45; Ephesians 3:19](#)
- What are your initial reactions to these passages? What do you find challenging? Are you encouraged by any of these verses?

 **reachout**

- Spend time this week de-cluttering your life. Is there anything you can give away to people around you that will help their lives improve? Give some stuff away this week - not your junk, but the things you no longer need or use.

 **growdeep**

- Summarize Mark 1:35-39 in your own words. What rhythms do you notice Jesus modeling?
- Describe what it means to operate from a place of peace rather than pressure. Where do you think you naturally tend to operate from?
- Reread Mark 1:40-45. How does Jesus show up in these verses that would have been counterintuitive and countercultural? What do you think compelled him to act as he did?

 **partner  
with families**

- As an exercise in detaching from “stuff,” this week, help each family member evaluate what you have and decide what you could give to people who don't have enough. This could be clothing, toys, etc. Have everyone make a bag or box of stuff to donate to Arc, Goodwill, etc.

» **Next Steps and Prayer**

- Set aside some time this week to consider the following truths: Jesus is willing to step into your loneliness. He's willing to take on your shame and guilt. He's inviting you to exchange your burden for his peace. You don't have to carry the weight alone anymore. Jesus took your place so you could walk in freedom. Will you let him?
- Close by praying this prayer: Jesus - Thank you that I am not defined by my issues, my mistakes, or my past. Thank you for seeing me, loving me, and making me whole in you. Amen.