

INTRODUCTION

We're all busy. Our schedules are packed with career, family, friends, church, and other responsibilities. Sometimes our days are so full that we don't enjoy *anything* because we're trying to do *everything*. Our relationship with God and with others benefits when we create breathing room in our schedules. But where do we start?

DISCUSSION QUESTIONS

1. Talk about one of the happiest times in your life. What was your schedule like during that period?
2. Think about how you managed your time last year. What would you like to do differently this year?
3. Read Psalm 90:10-12. Do you tend to think of your days as endless? Why is it difficult for us to number our days?
4. Do you currently or have you ever kept a Sabbath day? If so, what were the benefits? If not, what is challenging about the idea of taking a day off from your responsibilities and obligations?
5. What is one thing you need to add to your schedule? What is one thing you need to subtract?
6. What is one thing you can do this week to begin to create breathing room in your schedule? What can this group do to support you?

MOVING FORWARD

Whether it's work, family, or other obligations, something is going to control your time. Why not give control to the One who gave it to you? Creating breathing room in your schedule begins when you recognize that time is limited . . . and therefore valuable. Use your time wisely.

Begin by saying this prayer, *"Teach me to number my days that I may gain a heart of wisdom."*

CHANGING YOUR MIND

*Our days may come to seventy years,
or eighty, if our strength endures;
yet the best of them are but trouble and sorrow,
for they quickly pass, and we fly away.*

Psalm 90:10