

### GUARANTEED SIDE AFFECTS OF NEVER SLOWING DOWN:

1. Your emotional patterns tend to resemble a \_\_\_\_\_.
2. You tend to miss the \_\_\_\_\_.

### HOW DO WE FIX THE PROBLEM?

1 Kings 19:3 – <sup>3</sup>Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. <sup>4</sup>Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. “I have had enough, Lord,” he said. “Take my life, for I am no better than my ancestors who have already died.” <sup>5</sup>Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, “Get up and eat!” <sup>6</sup>He looked around and there beside his head was some bread baked on hot stones and a jar of water! So he ate and drank and lay down again. <sup>7</sup>Then the angel of the Lord came again and touched him and said, “Get up and eat some more, or the journey ahead will be too much for you.” <sup>8</sup>So he got up and ate and drank, and the food gave him enough strength to travel forty days and forty nights to Mount Sinai, the mountain of God. <sup>9</sup>There he came to a cave, where he spent the night.

1. \_\_\_\_\_

Psalm 42:8 – Each day the Lord pours his unfailing love upon me, and through each night I sing his songs, praying to God who gives me life.

2. \_\_\_\_\_

Exodus 20:8-10 – Remember to observe the Sabbath day by keeping it holy. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one is to do any work.

3. \_\_\_\_\_

Genesis 1:14 – Then God said, “Let lights appear in the sky to separate the day from the night. Let them be signs to mark the seasons, days, and years.”

## Net Group Discussion Points

### 03.29.15 – Living With Purpose: Your Pace

*The following discussion starters are designed for use within groups meeting throughout the week. If you're not in a group, please pick up a group list from the Information Table after service!*

- What stood out to you about this weekend's message? Why?
- Was there anything that challenged you? Explain.
- Based on your answers to the above questions, what do you think God may be saying to you? Discuss.
- What would it look like in your day-to-day life to respond do what God is saying?
- What plan can you put into action this week so that what God's saying to you sticks?
- How can your group or close friends best help you do what you're setting out to do this week? If you're in a group, be prepared at your next meeting to share how you're doing in following through on what's been discussed.

**\*\*After the message** we invite you to take **communion** with us – this is an opportunity to remember Christ's death and resurrection as stated in 1 Corinthians 11:23-26. Instructions for taking communion are located at the tables near each exit. We also invite you to receive **prayer** during this part of our service. Leaders available to pray with you can be identified by their lanyards and will be standing in the auditorium at the lower exit to your right.