

# IT CAN BE BETTER

WEEK 3 SERMON DISCUSSION GUIDE

## CONNECT QUESTIONS

- You're going on a 10 hour road trip. What makes it better? Music? Movies? Snacks? Stopping off at a particular restaurant?
- Would you rather go and see a blockbuster movie at the theater with popcorn, drinks, candy and the full movie theater experience? Or would you rather wait until you can stream it at home in the comfort of your sweatpants on your own couch? Explain why.

## KEY QUOTE

*Every day begins with rest in God's Kingdom. It reminds us that He is King and we aren't*

## KEY VERSES

*Exodus 20:8-11 Matt. 6:25-34 & 6:9-24, Matt. 12:12, Luke 5:16, Mark 2:24-28*

## PRAYER

Heavenly Father,  
We are a busy people. We have given ourselves to so many things, and though many of them are good, sometimes we forget to rest. Help us to remember that if the God of the universe rested, then we ought to as well. Help us to remember that you know our needs so we can be confident that we are not alone. Would you please meet us in our margin?  
Amen.

## DISCUSSION QUESTIONS

- Name things in your life that have the biggest demands on your time, briefly explaining why these things are demanding. How much of your day is consumed by these things?
- Read Matthew 6:25-34. How would you sum up what Jesus is telling his listeners in this passage? Identify the worries of life that Jesus addresses. Why do you think he chose these particular ones?
- Does anything Jesus refers to show up on your list?
- Read Matthew 6:32. What contrast is Jesus making between "pagans" (worshippers of *other* gods) and his listeners? Check out [this resource](#) for some insight Why is it significant that Jesus calls God "Father?" What does he want us to remember?
- What is this passage teaching us about margin? According to Jesus, what is something that is fueling busyness in our lives?
- Whenever you see "therefore" in scripture, it's beneficial to look back to see what it's referring to. Therefore, read Matthew 6:9-24. What truth is Jesus pointing us toward in this passage? Does this change the way you read the following verses? Why or why not?
- Read Exodus 20:8-11. Why did God command a *sabbath* (rest) from work? What does observing a sabbath remind us?
- If we were able to create margin in our lives, what do you think God would want us to do with it? Matthew 12:12, Luke 5:16, Mark 2:24-28.

## Next Steps

- Spend time thinking about the following questions:
- What do you need to add to your life? What do you need to subtract from your life? What do you need to say "no" to?
- Look at your current schedule. Where can you schedule margin into your week?