



Slow Your Roll Simplify

#npslowyourroll

Week 1
1 of 4

September 8, 2019

Bottom Line: We are created body, soul, and spirit. We need to make sure that these are healthy.

Icebreaker: What's on your bucket list? Do you know what's on your spouses' list? Or your closest friend? How serious are you about actually accomplishing those things?

Key Verse: Jesus: "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." Matthew 11:28-30 NIV

Overwhelmed, overscheduled, and over extended. Those are three words that seem to describe most of our society today. We live without margin. No margin is when you fill up an entire piece of paper right to the edges of the sheet. There is no white space left. You have reserved no margin. That describes our lives too much of the time. Margin is the space between my load and my limits. Living with margin is the strategy that prevents the sense of being overwhelmed, overscheduled, and overextended. It means that I do not use up all I have, but I reserve some of my time, energy, and resources for the important and unexpected. That keeps me rejuvenated and ready for whatever comes.

If you live life right to the limit all the time, at some point you quit enjoying life. Attempting to get the most out of life, you end up losing control of your life. This is life at an unsustainable pace. Jesus desires us to have a life that is better than that. He wants us to be so connected to Him that we have a healthy soul; a healthy center that organizes and guides our lives. To focus on my soul means to look at my life under the care and connection of God.

A life of care and connection with God requires faith and trust. Our souls are so needy, but His unlimited grace gives us the ability and wisdom to have security, peace of mind, and true peace in our relationships. God made us, and He knows what we are about. When you choose to trust Him enough to "slow your roll" and focus on your soul, you will find that He knows how to completely satisfy your seemingly insatiable desires. What would life look like for you if you actually trusted that Your heavenly Father knows what you need, can provide it, and LONGS to provide it for you? If you slow your roll and cooperate with Him, you can find rest and satisfaction and stop the crazy ride.

THINK IT OVER >>>

What impacted you most from the message?

The more we are obsessed with ourselves, the more we neglect our souls. Examples?

To focus on myself apart from God means losing awareness of what matters most. In what phase of your life has this been most true?

"In an attempt to make as much progress in life as possible we trade peace for progress and prosperity."
— Andy Stanley. Have you ever done this? When?

Your soul is vulnerable because it is so needy. How do you know this is true?

The unlimited neediness of the soul is only matched by the unlimited grace of God. Can you think of an example from your own life and experience?

How have you found rest in God alone?

LOOK IT OVER <<<

What is YOUR bucket like when it is full? What is it like when it is empty?

Self is a stand-alone, do-it-yourself unit, while the soul reminds us that we are not made for ourselves. Agree or disagree? Do you ever feel the tension? When?

The Journal of the American Medical Association cited a study that indicates that in the twentieth century, people who lived in each generation were three times more likely to experience depression than folks in the generation before them. Despite the rise of the mental health profession, people are becoming increasingly vulnerable to depression. Why?

What are you like when your "bucket" is full? When it is empty? What do you do to try to fix it?

Are you more likely to live beyond your limits relationally, financially, or physically? Explain.

NEXT STEPS

This week consider taking some next steps together as a group:

- 1) Spend fifteen minutes a day with God in a quiet place by reading Scripture, praying, and listening.
- 2) Spend intentional time with family.
- 3) Engage in satisfying work.
- 4) Participate in recreation.

EVALUTION/ACTION

Realizing and reaching your full potential in Christ

Bottom Line: We are created body, soul, and spirit. We need to make sure that these are healthy.

Rate yourself from 1 to 10 1 (never), 10 (always)	1	2	3	4		6	7	8	9	10
Why did you give yourself this rating?										
What benefits will you obtain by raising your rating?										
Do you know someone who demonstrates this bottom line well? What do you admire about that person?										
What specific action can you put into practice to raise your rating?										
At the end of this week, reflect - where did you see the bottom line show up in your actions throughout the week?										

PRAYER

List group members and their prayer requests for this week:

DAILY STUDY

Want to dig deeper? Check out **The Daily** this week at newpointe.org/daily:

Monday: Psalm 46:10

Tuesday: Hebrews 4:16

Wednesday: Micah 6:8

Thursday: Matthew 11:28-30

Friday: Psalm 23:5

Don't let the conversation stop here. Keep talking it over with others throughout the week.
(Don't forget to bring this paper to your next small group meeting)