



# Slow Your Roll Choosing to Trust

#npslowyourroll

Week 4  
4 of 4

September 29, 2019

**Bottom Line:** You don't get the relationships you desire and want; you get the relationships you invest in and build.

**Icebreaker:** Who is your longest-standing close friend? How long have you known each other? Where did you meet?

**Key Verse:** *Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others. In your relationships with one another, have the same mindset as Christ Jesus. Philippians 2:3-5*

Nothing is more important than slowing my roll in order to make time for relationships. Most of us spell love T-I-M-E. Yet there is never quite enough. We never feel like we have given quite enough. How do we know when we are getting in serious trouble?

- Repeating promises to do better, but nothing is changing.
- Chronically absent from important events, like sporting events, dinners, competition.
- Pointing to the future to make up for the past—promising better things.

These issues will never be addressed without slowing your roll. This takes insight and time, and a word we all resist: submission. Paul tells us in Ephesians 5:21 that our motivation for submitting to each other is our reverence for Christ. Then in our key verses today he tells us what that submission looks like. No selfishness, but humbly valuing others above our self, looking after their interests. The thing that generally keeps us from slowing our roll is fear: What if I'm not enough? What if I am insignificant? What will people say or think? Fear disables us from being our best self, living our best life.

God tells us that when we submit to Him and then in love to others, the things we want and need most will be able to flourish. He says we will enjoy His protection and experience new productivity.

What might life be like for you if you slowed down enough to prioritize your relationships, starting with God and then your family? What would life be like if you gave your priority time and energy to the places where you cannot be replaced? What if you really trusted God?

## THINK IT OVER >>>

What impacted you particularly from the message?

What are the biggest competitors for time in our relationships with God? With family?

Why do you believe they have such a grip on us?

What are the roles you have been given in life where you are irreplaceable? How do they currently figure in your allotment of time and energy? Would the people in your relationships agree with you?

How are you allowing margin in your life to grow your relationships? With God? With family? With others (friends and people God wants you to touch)?

Nowhere in life are our intentions greater but our follow-through weaker than in our relationships. Why is this so difficult, and how could we practically "slow our roll"?

Our margin is often so non-existent that we have no time left for missional relationships. What can we do?

## LOOK IT OVER <<<

Do any of these behaviors indict you? Promises to do better, chronic absence from important events, pointing to the future to make up for the past. How could submission to others' interests make a difference? How can I practically do that?

*Fear of human opinions disables us.* How so?

*"People-pleasing" sounds like a good thing if we are prioritizing relationships.* How is it a hindrance? How can I become balanced?

*Relationships thrive where there is space between your current performance and your limit.* What does this mean for you?

*You will never be happier than the state of your relationships.* How have you found this to be true? Based on this, what advice would you give newlyweds? Parents with children at home? Empty nesters?

# NEXT STEPS

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

- 1) Evaluate your schedule and priorities. If there is an imbalance or disconnect, make a strategy to change it.
- 2) What relational good intention have you had but not acted on? Take a step toward it this week.
- 3) Identify your irreplaceable roles in life. Submit these to God in trust and obedience.

## EVALUTION/ACTION

**Realizing and reaching your full potential in Christ**

**Bottom Line:** You don't get the relationships you desire and want; you get the relationships you invest in and build.

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](http://newpointe.org/daily):

Monday: Ephesians 5:21

Tuesday: Proverbs 29:25

Wednesday: Ephesians 4:2-3

Thursday: Matthew 7:12

Friday: Psalm 40:4

***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)*