



Slow Your Roll Ahead of Schedule

#npslowyourroll

Week 2

2 of 4

September 15, 2019

Bottom Line: Today matters.

Icebreaker: In exactly one minute make a list of seven things you did yesterday. Go back and rate them in order of the best investment of your time. Is there anything you WISH you would have done that you didn't?

Key Verse: *Teach us to number our days, that we may gain a heart of wisdom.* Psalm 90:12

Your time is your life. As goes your schedule, so goes your life. It is good to sometimes stop and think about the brevity of your life. It will eventually affect how you spend your time. Moses prayed in Psalm 90 that we would learn to number our days, to live life with an awareness of our finiteness. We don't do this naturally. We typically live like we have forever, like we are always going to have each other. We live like our time is unlimited, but it is not. We live as though our days are not numbered.

Moses blows a whistle on our thinking. He said it is essential we learn to live as though our days are numbered in order to become wise and live without regrets. If we don't wisely consider our own lives and times, other people will be the schedulers of our days and end up determining the direction and output of our lives. I need to analyze my lifestyle, maximize the present by the best use of my time, and I need to prioritize what is important, what I believe to be the will of God for me.

All of us have just enough time in our lives to do God's will. If I am feeling pressure all the time, it is a light on my dashboard, telling me something is not running right. God will not give me a thing to do without giving me the time to do it. Perhaps I am doing something God didn't call me to do, or I am doing it in an inefficient way. I need that heart of wisdom in order to rightly discern management of tasks vs. relationships, discipline vs. skills, and urgent vs. important. I must avoid FOMO (fear of missing out), so I can manage my time and energy, spending it on what is most important and significant.

In order for your life to be satisfying and all God intended, you must "slow your roll" and manage your schedule. You must make smart choices and quit blaming others for your too-full schedule. God wants you to accept responsibility for your life. Stop complaining about how much work you've got to do, how tired you are all the time, and how other people are affecting your schedule. Wise up! Accept responsibility and make smart choices that will make the most of the time you have been given.

THINK IT OVER >>>

What impacted you most from the message?

There are many good things, many things that are not bad, but they don't bring much satisfying payoff. What would some of those be for you?

If we could see God as He truly is, we would be more careful with the time we have been allotted. What do you think that means? If you agree, how is it true?

The context of my life is from everlasting to everlasting. That is a breathtaking thought. Say it aloud. What does it mean to you?

In what days do you live as though you have forever; your time is unlimited? "When you number your days you immediately gain wisdom. How so? How have you experienced this either personally or seen it in someone else?

When you figure out that you have wasted time, you can't go back. It's a deep regret that was avoidable. Reflect.

LOOK IT OVER <<<

The top three dying regrets of Hospice patients (Bronnie Ware):

3. I wish I'd had the courage to express my feelings.
2. I wish I wouldn't have worked so hard.
1. I wish I had had the courage to live a life true to myself, not the life others expected me to live.

Which of those three regrets are most likely to be yours if you do not get a heart of wisdom?

Christians can easily become co-dependent and feel that "pleasing others" is what Christians are supposed to do. How can we get peace on that?

Why do you think we/you are afraid to slow down?

How do we decide between urgent and important?

Accusers blame others for their problems. Excusers rationalize their unwise choices. Choosers accept responsibility for their own lives and problems. Which one is your natural default? How will you change?

NEXT STEPS

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

1. Find a schedule that works for you.
2. Make time for God—mark it in the calendar.
3. Make time for family—mark it in the calendar.
4. Make time for exercise and recreation—mark it in the calendar

EVALUTION/ACTION

Realizing and reaching your full potential in Christ

Bottom Line: Today matters.

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: Job 14:5

Tuesday: Ephesians 5:15-17

Wednesday: 1 Corinthians 10:23

Thursday: Galatians 6:5

Friday: Isaiah 55:6

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)