



THE BUSYNESS FIX

MAY 26 & 27

REFOCUS

CHIP UHRMACHER,
CEDAR FALLS CAMPUS PASTOR

INTRODUCTION

The last three weeks, we have discussed how to fix our busyness with practical steps in the areas of stop, rest and delight. This week, Pastor Chip's message centered around how to refocus during a Sabbath. Setting aside time for God can be challenging; setting aside an entire day for God can seem impossible. However, throughout this series we've learned one day is necessary to keep us focused on God and realign our hearts for the rest of the week.

DISCUSSION

1. We aren't expected to master a Sabbath all at once; we can take small steps. What steps have you taken the past three weeks to work towards a Sabbath? What next step[s] is God asking you to take?
2. Read **Colossians 2:9-10** and **1 Corinthians 6:17**. What do these verses say about your identity? Is there an area of your life competing for this identity?
3. As a group, read **Matthew 6:33-34**, and discuss what area[s] of your life you may need to refocus, and what changes need to happen to realign your heart with God.
4. Read **Acts 3:19**. In what ways can you use a Sabbath to turn to God and allow Him to refresh you through repentance?

DO SOMETHING

1. Read through the following chapters, and discuss what you've learned with a friend: **Exodus 1-20, Ephesians 1-6, Matthew 14, Luke 4**. How do these passages help you refocus your life?
2. After aligning yourself with God, volunteer and bless your city. Check out the Missions page on prairielakeschurch.org to discover our local partners and opportunities in your area.
3. Partner up with someone and hold each other accountable to incorporate Sabbath into your weekly routine.

ADDITIONAL RESOURCES

1. *Spiritual Disciplines for the Christian Life* by Don Whitney
2. "Communing with Christ on a Crazy Day" desiringgod.org