

Balance

INTRODUCTION

Balance—Part 1

Too much to do. Too little time. Too many choices. Too many expectations. Sometimes, it's just too much.

In today's world, it seems like a badge of honor to be busy. But is it really God's will that we constantly be under stress and deadlines? Is there a better way to navigate life?

Throughout this series, we'll explore biblical strategies for maintaining a healthy balance in our lives, and how to deal with life when it's simply too much.

DISCUSSION QUESTIONS

1. When you were growing up, did you do anything special on “the Sabbath day?” What were some of the things you did or did not do on the Sabbath?
2. Why do you think setting aside a Sabbath day is difficult for to do in our culture today?
3. Read Mark 2:23-28. Why do you think Jesus meant in verse 27? What did he mean in verse 28? Do you think Jesus was “breaking” the Sabbath in these verses? Explain your answer.
4. Read Genesis 2:1-3 and Exodus 31:16-17. Since God never gets tired, why do you think he rested on the seventh day?
5. Read Deuteronomy 5:12-16. What reason does God give for keeping the Sabbath in these verses? How is working 7 days a week every week similar to slavery?
6. Why do you think most people don't set aside a Sabbath day? How do you think other people might respond to you if you decided to set aside one day for a Sabbath?
7. Pete Scazzero suggests that a Sabbath day should include elements of stopping, resting, delighting and contemplating. Which of these is the hardest for you to do? Why are each of these elements important?
8. If you are in the habit of taking a Sabbath day, what does your Sabbath look like?
9. What are some things you could do on a Sabbath day that would refresh your soul or bring you joy?
10. How might you apply this lesson to your life?

APPLICATION

The hectic pace of life these days, the number of things that compete for our attention, the enormity of problems swirling around us, the stuff that just keeps coming from all directions, a world that never seems to stop—how do we find balance through the craziness of life?

Unfortunately, we are often not looking for balance. Instead, we think if we can hold on a little longer, things will get better. We think we should work a little harder, a little faster, or a little more efficiently. We convince ourselves things will get better or easier, if we can just outlast it. Most of us are under constant pressure—we don't take time to recharge. One of the main reasons we don't tend to pause and take a break is that we have too much to do. This is where faith sets in. If you trust God and do what He asks, He will work everything out for the good. Observing a day of rest helps us to follow the example of our Creator, to remember there is more to life than work, and to exercise trust in God who provides for

KEY VERSES (HCSB)

Genesis 2:1-3	Leviticus 25:18-22
Exodus 31:16-17	Exodus 16:29
Deuteronomy 5:12-16	Mark 2:23-28