



Rest For Your Soul || Time Is Priceless

Group Notes

INTRODUCTION

If you want to know what you believe about God and rest, then just look at your calendar. What has priority in your life? What story is your schedule writing? To begin rewriting your story, start with rewriting your schedule. Choose to cheat the things that matter less. This life is like a vapor, don't miss it.

CONVERSATION STARTERS

1. What does a typical day look like for you?
2. What do you wish you could do more of each day?

SERMON NOTES REVIEW

Looking back at your message notes from this weekend's teaching, was there anything that caught your attention, challenged you, or confused you?

WATCH THE VIDEO

[CLICK HERE](#)

GROUP DISCUSSION

1. What have you done to build margin in your life? Or where do you need to?
2. Read [Mark 1:29-39](#). How does this passage make you think about how you use your time? Do you *spend* your time, or do you *invest* your time? How do you personally distinguish between the two?
3. Even though the gain is greater than the loss, what do you need to give up in order to gain margin in your life?
4. What has stopped you from building out margin in the past?
5. Robert challenged us to meet during the summer. Take your calendar out now and build in some margin so you can get together with your group.

PRAYER

Go around your group and ask for prayer requests. As a group, spend time praying over those needs and ask the Holy Spirit to show you where He wants you to build margin in your lives.

ANNOUNCEMENTS

- This is the last week of group until August.
- A great way to build friendships and connections this summer is by joining a serving team. Look for opportunities to serve your campus at serve.sv.cc