



How to use This Guide:

Talking through the message during the week helps you and your group turn what God is saying to you into action steps. Begin with the key questions, add any optional scriptures and questions if needed, and then wrap up by deciding on your next steps.

Our Main Idea:

Why aren't we content with what we have? The answer to this question is that something is missing from our lives, and what is missing matters. What's missing is a rhythm that has been established for thousands upon thousands of years. What's missing is a day of rest, a day when we make time to hear the voice of God.

Key Questions:

- If possible, view Session 1 of the 24/6 Bible Study on Rightnow Media. It is 11 minutes long and can be found at www.rightnow.org/Media/Series/2365
- What is one thing you feel you "cannot live without"?
- Why do you feel people aren't content with the things they have?
- How has subtracting a day of rest each week had a profound effect on our culture?
- Did your family observe a day of rest when you were growing up? How has that had an impact on how you approach your life?
- Does your family currently observe a day of rest?
- What are some of the difficulties you face in taking a day of rest?
- How can a day of rest lead to a happier, healthier life for you and your family?
- How do you find time to hear the voice of God speaking in your life?
- Do you have a hard time hearing God's voice in your life?
- **What was your biggest take-away from the weekend message?**

Next Steps

Identify and share your next steps based upon the study's theme. Finish your group time with prayer, asking God for help in living a 24/6 life.

Experience

Your Relationship with God

Slowing down and resting is a great way to connect with God. What steps will you take this week to simply listen? What do you need to stop doing?

Equip

Your Relationship with Others

Much of our busyness in life is because we try to meet the expectations of others. How can we help each other to slow down and create a sustainable and healthy pace for life?

Engage

Your Relationship with the World

We slow down one day each week so that we can become more effective on the other six days. Don't forget that we still are called to serve God and serve others. God comes first, so make sure you prioritize your other six days.