introduction

In the third and final week of our *Upside Down* series, Pastor John presented both the risks consistent busyness creates and the opportunities available when we embrace our identity, limits, and order. We can't do it all, but we can be all the person we were created to be.

discussion

1. What's your favorite rhythm or activity you incorporate in your weekly schedule?

2. What would your ideal schedule look like? How does your natural preference and favorite from question one inform your priorities these days?

3. **Read Isaiah 43:1.** Pastor John taught us to "embrace our identity." What does this passage tell us about what our identity and response?

4. If our identity belongs to God rather than attempting to "be God" with our schedules, how might this challenge your current approach to your time management and prioritization? What emotions does considering a shift like this create for you?

5. **Read Isaiah 58:13-14.** Pastor John taught us to take advantage of time to simply rest and recharge with God each week by practicing a weekly Sabbath. What does this passage tell you about the benefits of this rhythm? How would freeing yourself from producing encourage and help you? How would it challenge you?

application

- **Revisit and read Ephesians 5:15-16.** Each day presents opportunities for us to experience and be interrupted by God for others and our benefit. Pay attention to the natural defaults in your days' schedule.
    - o When you have a free moment, where do you go? What do you?
    - o If your schedule is full, what are those events and activities focused around?
    - o Do you have time set for and with God? Why or why not?
    - o How can you place yourself in a position to experience God's love each day? How might it help you then extend that same love to others?
- Revisit PLC's Sabbath resource page and begin making a plan to try this rhythm for yourself. Remember to start simple. Give yourself an hour to simply rest and refresh in good things to remember how good God is and build this up over time.