



LEADER NOTES & KEY SCRIPTURES

LEADER TIPS: There isn't time to cover every question – **choose what's best for your group.**

- You can always get your group thinking by quickly going over the message notes from Sunday and by asking what parts of the message stood out or were most significant. If it's flowing, this can sometimes end up directing the whole discussion time.

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

John 14:27 (NIV)

Other seed fell among thorns, which grew up and choked the plants...22 The seed falling among the thorns refers to someone who hears the word, but the worries of this life and the deceitfulness of wealth choke the word, making it unfruitful.

Matthew 13:7, 22 (NIV)

As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. 39 She had a sister called Mary, who sat at the Lord's feet listening to what he said. 40 But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!" 41 "Martha, Martha," the Lord answered, "you are worried and upset about many things, 42 but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.

Luke 10:38-42 (NIV)

Be still before the Lord and wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes.

Psalms 37:7 (NIV)

TALK IT OVER

Because of what Christ has done for us, the default disposition of the Christian's heart is peace. The goal for this series is to evict the mindsets that are disturbing that peace. The occupants of your mind, such as fear, stress, worry and rejection, have no legal right to stay, but must be forced out. Let's partner with the Holy Spirit to see that happen in our lives!

Start talking. Find a conversation starter for your group.

- What are your "stress tells" (how do you and those around you know when you're feeling stressed out)?
- Have everyone try juggling! (*Tennis balls are easiest. Start by practicing a high-arc toss from one hand to the other, and back again. Then add a second ball and time the tosses so each hand is free to catch the incoming ball. After that is mastered, try adding the 3rd ball by finding a rhythm that allows for juggling to occur. Have fun with this!*)

Start thinking. Ask questions to get your group thinking.

- Take time to ensure that everyone filled-in all of the Sunday message notes blanks. You might follow this by asking: What stood out or spoke personally to from Sunday's message?
- Invite everyone to complete the "HURRY SICKNESS" self-diagnostic test on his/her own (attached; 5 minutes or less). What did you discover about yourself? How often did your own responses match the supposed responses?
- Read Matthew 13:7, 22 aloud. Which "worry of this life" is most likely to choke out time for God's Word or its intended impact on your life? (*Ex. Finances, failure, health, busyness/work, others' expectations, etc.*)

Start sharing. These questions can create openness.

- Read Luke 10:38-42 aloud. How would you describe the difference between Martha and Mary as you meet them in this story?
If Jesus took Mary aside privately, what advice do you think he'd likely give her?
If Jesus dropped in on you, what might he point out that distracts you from the really important things in life like spending time with him or giving adequate attention to your family/friends?
- On Sunday, Pastor Dwayne mentioned four ways to manage the stress we might already be experiencing in life. Briefly revisit each one and discuss what has worked for you in the past (perhaps adding something appropriate that is not among these four).

Breathe (Psalm 37:7) physically breathe to quiet your body & spirit
Consider what God is doing (James 1:2-4) is he making us more like Jesus through this?

Guard your heart (Proverbs 4:23) Daily ward off negativity and pessimism; (2 Corinthians 10:5 – take thoughts captive)

Embrace your limitations (Ps. 103:13-14) Remember you are only human!

DISTURBING THE P E A C E

STRESS

LEADER TIP: Stress confidentiality regarding anything that is shared in group!

Consider beginning to play some instrumental worship music in the background as you move into the “start responding” part of your discussion.

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, 3 because you know that the testing of your faith produces perseverance. 4 Let perseverance finish its work so that you may be mature and complete, not lacking anything.

James 1:2-4 (NIV)

Above all else, guard your heart, for everything you do flows from it.

Proverbs 4:23 (NIV)

As a father has compassion on his children, so the Lord has compassion on those who fear him; 14 for he knows how we are formed, he remembers that we are dust.

Psalms 103:13-14 (NIV)

One Sabbath Jesus was going through the grain fields, and as his disciples walked along, they began to pick some heads of grain. 24 The Pharisees said to him, “Look, why are they doing what is unlawful on the Sabbath?” 25 He answered, “Have you never read what David did when he and his companions were hungry and in need? 26 In the days of Abiathar the high priest, he entered the house of God and ate the consecrated bread, which is lawful only for priests to eat. And he also gave some to his companions.” 27 Then he said to them, “The Sabbath was made for man, not man for the Sabbath. 28 So the Son of Man is Lord even of the Sabbath.”

Mark 2:23-28 (NIV)

LEADER TIP: You should have a concrete time and plan now for your group mission/serving experience. Please let me know what you’ll be doing and don’t forget to forward pictures & videos of it, please!

TALK IT OVER

- Pastor Dwayne described the stress-preventive practice of “Sabbath” as including setting aside a particular day each week and also as having a “Sabbath heart” that willingly disengages from normal activities. Which of these do you find to be most challenging and why? What do you think the Lord would say to you in response to those challenges?

Because there will always be more work to do and more improvements that can be made, what might happen if you began leaving some things undone until later and opted, instead, to observe Sabbath? (Include potential negative as well as positive potential results.)

Start responding. Encourage everyone to be bold and pray with power.

- In Mark 2:23-28, Jesus taught that God made the Sabbath for man’s benefit. How might this change your view of its importance? How does it impact your commitment to observe Sabbath?
- **OR** - Discuss the statement: “*Failure to observe Sabbath in Old Testament times carried a death penalty; It still carries a death penalty today in that ignoring Sabbath wears out a person’s body, soul, and spirit.*” Agree or disagree? How does this impact your commitment to observe Sabbath?
- Pastor Dwayne taught that Sabbath should include the following components: Rest, Recreation, and Reflection (Worship). Invite the Holy Spirit to speak to you as you respond aloud to these questions in the form of prayers (Ex. Lord, help me to make time to... etc.):

What are some adjustments the Lord wants you to make to ensure that you get adequate **rest** (not just on Sabbath but every day)?

What is it that “**re-creates**” (refreshes) you? (Ex. Fishing, golf, gardening, reading, coffee shop conversations, etc.) **Hint:** If you can’t answer this question, you’re likely in desperate need of Sabbath!

How often do you set aside some time with God to enjoy His presence (**worship**) discuss your latest week, use of time, or to assess the quality of your heart (**reflection**)?

Start doing/serving. Commit to a step and live it out this week.

- What will you do differently this week to structure your life around God’s design to work as many as six days and to Sabbath for one day? Exercise control over your own calendar!
- What can you do on Saturdays to prepare for an authentic Sabbath on Sundays?
- Consider serving on a Sunday morning Team so that other team members don’t have to serve every Sunday!