

## Big Idea

We need a fresh breath of God in our lives, fresh wind in our sails. One of the greatest culprits of why we have no wind in our sails is our schedules and our lives are out of order. Here are 5 different symptoms of a life that is out of order:

**The risk of sinful choices increases.** When I'm tired and depleted, it becomes more difficult to make the right choices.

**My emotions are inconsistent.** Fast pace = less joy. Slower pace = more joy.

**I am less productive.** Doing more doesn't mean accomplishing more.

**I end up empty inside.** Activity without purpose = burnout.

**I can't hear God.**

We need rest. Rest is a condition of a soul that is not out of balance or out of order. Doing these three things will change your life: (1) Stop the constant push for more; (2) Keep the Sabbath day holy; and (3) Get close to Jesus.

It is better to have less of what doesn't matter and more what does. You have to make time to rest and allow God to mend your sails. Then, everything else in your life will take off. You were never designed by God to move through this life by your own strength, rowing in your own ability. It's time to put up your sails and let the breath of God breathe into them. As a chosen people of the Lord, God wanted the people of this world to look at you and ask how is it that you have a smile on your face, when everyone else is weighed down – how do you have some much joy and peace? Then, you can point them to the Lord. Slow down.

## Scripture

- “Be careful, or your hearts will be weighed down with dissipation, drunkenness and the anxieties of life, and that day will close on you unexpectedly like a trap” Luke 21:34 (NIV).
- “The LORD is my shepherd, I shall not be in want. He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul” Psalm 23:1-3 (NIV).
- “Come to me, all you who are weary and burdened, and I will give you rest...” Matthew 11:28 (NIV).
- “They were given rest by the Spirit of the LORD. This is how you guided your people to make for yourself a glorious name” Isaiah 63:14 (NIV).

## Discussion Question

- What's one thing that stood out to you in the message?
- Are you living the life that God has intended you to live?
- Have you discovered your God-ordained purpose? Please share.
- What are some practical steps you can take to slow down and be purposeful?

## Prayer Focus

Jesus, thank you for being a father, who wants to give me peace and rest. Thank you for the blessings that you have given to me, and please help me to not allow those blessings to become burdens by becoming too busy and distracted. Help me to slow down and receive you. Help me to live the life you have intended for me to live! In Jesus name, amen.

## Next Steps

- What's one practical step you can take this week to move one step?
- Spend time this week enjoying God through song, prayer and scripture. Create an environment to experience God by finding a quiet place where you can sing and pray out loud.

## Leader Tip

Encourage transparency in your group by sharing which of these truths spoke the most to you this week. Share what you're walking through and how God is speaking to you in your current season.