



## Talk About It

### Bottom Line:

God fills YOUR pause with HIS perspective.

### Scripture

Psalm 46:1-10 (NASB)

1. How busy are you in a typical week?

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So busy I brag about it      Occasionally      Mostly Lazy

2. How good are you at multi-tasking? Explain.

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Multi-WHAT?      Pretty Good      Genius

3. How often do you combine prayer with another activity such as driving, showering, or exercise?

4. The message suggested that you want to see life through God's perspective because he really does know best better than you. What are of life have you seen that true? Where do you remain to be convinced?

5. The message offered the option and the resource for writing your prayers. How do you respond to that possibility?

6. How would you explain prayer to someone who doesn't believe in it and hasn't tried it?

7. Who will you invite to Week 2 of P.R.A.Y.?

## Icebreaker

What in your life feels chaotic or stressful?

## Activity

**Re:generation is launching a new men's group on Tuesday, May 21st, 6:30pm. Please tell the men in your groups and lives.** We all have struggles and areas of life that need growth. Whether big or small, they can hold us back from the life we want-- and the life God calls us to live. No matter if you feel "stuck" or just want a deeper relationship with Christ, Re:generation is the place for you. Re:generation is a Christ centered discipleship community where you can be honest with others and yourself as you work through steps toward healing and freedom. Sign up and find out more on our website under resources.