


8. What is one roadblock standing in the way of your committing to care for your body? What can you do to remove this barrier?

9. What is one situation in which you tend to experience a high level of anxiety, and how can prayer act as the antidote to worry at this time?



My SEISMIC SHIFT for this week:

Prayer List: Take a few moments to share prayer needs with your group. Write them down here and have someone volunteer to pray specifically for each individual need during prayer time.

Group Project: What steps do you and your group need to take this week to further your support of the ministry you have adopted?



Slow Down! Lighten Up! Relax!

the little changes that



Shifts that bring health & rest.

“Only in returning to me and resting in me will you be saved. In quietness and confidence is your strength.” **Isaiah 30:15**

How do I look? Can I really change other people’s impressions of me? Can I really transform what God sees in me? The answer can be found in one powerful word and three short phrases.

The word: _____ (1)



I will treat my body as God’s Temple.



Balance Comes In Three Key Areas

#1. _____ (2)

God had finished his work of creation, so he rested from all his work. **Genesis 2:2**

If the God of creation took time to rest...
don’t you think it’s a good idea for us too?

“Remember to observe the Sabbath day by keeping it holy. ⁹You have six days each week for your ordinary work, ¹⁰but the seventh day is a Sabbath day of rest dedicated to the LORD your God...¹¹For in six days the LORD made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the LORD blessed the Sabbath day and set it apart as holy.”
Exodus 20:8-11

When I take time to slow down and “Sabbath”, WHAT I’M REALLY DOING IS DEMONSTRATING MY TRUST IN GOD.

Slowing down is a living demonstration that I am confident God can provide all I need (in just six days of working).

Sabbath is rest with a _____ (3)

The purpose of SLOWING DOWN is more than just physical renewal; it should be a time to slow down to connect with God and others!



#2. _____ (4)

"Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body." **1 Corinthians 6:19**

Lighten up is about slowing down and realizing what we're doing to our bodies which belong to God!



Seismic Suggestions For **Lighten Up!**

- From full to satisfied
- From guilty to thankful
- From fast food to sitting down
- From late night to a bed time
- From random food to planned meals
- From gulping to tasting
- From exercise as work to play
- From beverages to water
- From bad to good habits

#3. _____ (5)

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus." **Philippians 4:6-7**

We live out of balance because we are anxious.

And, when we are anxious, we live out of balance.

Anxious lives are worried and rushed lives. Anxious people don't believe God is big enough, capable enough to meet their every need and protect them in every trial



- (1) I will spend consistent time with God.
- (2) I will focus my worship.
- (3) I will treat myself like God's Temple.
- (4) I will reach outside myself to others.
- (5) I will regard everything I have as God's.
- (6) I will purposefully invite others into relationship with Jesus.

Growth Group Discussion Starters

1. How did it go this week? How did you implement a seismic shift into your life last week? (If you're still struggling with that, don't stress, just share with the group how it's going.)

2. Read Exodus 20:8 & Matthew 11:28-30. In a culture that is busy and hurried and in which many people feel perpetually tired, what message do these two passages speak to our hearts?

3. Have you experienced the "Robert Syndrome"? (Read pg.101-2 in *Seismic Shifts*). How do you see this syndrome impacting our society?

4. Pastor Paul shared two principles about the Sabbath, (1) Sabbath is not about which day, but about a day (2) Sabbath is about rest and depending on God. How does viewing a Sabbath rest as not necessarily Saturday or Sunday change your view of "the Sabbath"?

5. Jesus made it clear that the Sabbath was designed not to bind us but to set us free. Respond to the following statements:
1. Taking a weekly Sabbath break is a declaration of trust that God can run the universe without me.
2. Taking a weekly Sabbath break is a living parable that I know God will provide all I need in six days of work.
3. Taking a weekly Sabbath break is a regular reminder that I know meeting with God's people for worship is a priority for my spiritual health.

6. What are some things you could do that would be restful, refreshing, and nourishing to the soul on your Sabbath day?

7. Look over the *Lighten Up* list. What is one shift you would like to make in the coming days to make this a part of your life-style?