

Rewrite your Schedule | Week 4

Introduction

This past weekend, Robert Watson closed out our series on The Practice of Rest speaking about your Margin which is the gap between my pace and my limits. Let's discuss the importance of owning your schedule and why it's important to schedule your priorities.

Conversation Starters (10 minutes)

- What is your favorite thing to do during your “free” or “me” time?
- If you had an extra hour in the day, how would you spend it?

Sermon Notes Review (15 minutes)

What challenged, impacted, or caught your attention from this weekend's sermon?

[Watch the Video \(10 minutes\)](#)

- Prepare to watch the video by opening your Bible to [Matthew 11:28-30](#)

Group Discussion (45 minutes)

- What are your top 3 priorities in life?
 - How do you currently plan for your priorities?
- Read [Matthew 6:33](#) & [James 4:7](#)
 - How are you seeking His Kingdom through your schedule?
 - What is one thing this week you can do to “seek first His kingdom and righteousness”?
- Read aloud [Matthew 6:24](#)
 - If Jesus were to analyze your life, where would he say your “treasure” is?
 - According to your calendar, who might be getting your “leftovers”?
- In the sermon, Robert taught through [Psalm 90:12](#)
 - How you spend your time is how you spend your life
 - Where do you...
 - **Invest** your time?
 - **Spend** your time?
 - **Waste** your time?
- Take some time this week to adjust your schedule by using the following structure
 - Set your **Priorities**
 - Then, set your **Rhythms**
 - Then, schedule the **Remaining**

Prayer (5 minutes)

Before praying, identify someone from the group to read the prayer below. First, invite the Holy Spirit to come. Pause for 45-60 seconds to allow room for your heart to receive what the Holy Spirit may be saying to you. Then close the prayer with what's written below

Heavenly Father, Help me to see what's most important according to your truth and not my own understanding. As I bring each decision before you, guide me with your wisdom in how I spend my days. Even in the midst of struggles or busy seasons, help me remember to enjoy this life you've given me so I can be reasonably happy in this life, but be supremely happy with you forever in the next. We pray for this in your name Lord, Amen

Announcements (5 minutes)

The Sun Valley Devotionals are an easy way to start the day with a focus on God. You can sign up for the devotionals by clicking this link: [Daily Devotional - Sun Valley Community Church](#). You will get an email in the morning with a link to watch the devotional!

It's not too late to sign up your children for Kids Camp June 24th - June 27th. You can register here - [Kids Camp](#)

Sun Valley offers a class called Sun Valley University. It is a class designed to help deepen your understanding of the Bible. The next session begins on July 9th. To register, please visit [Sun Valley University](#).

We will be taking a break from the sermon series notes over the summer as we encourage groups to rest and enjoy social time together. We will start with a new series in the second week of August.