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**BiG iDEa:** Jesus invites me to choose peace over progress.

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*Growing Deeper* this week...

Our lives are busy and fast-paced. A lack of margin can increase our stress and shorten our tempers. Take some time throughout this week to read and reflect on what God's word says on the subject from the Bible passages below. Some questions are provided for you or a small group of friends to provide focus for your reflection. Before your start: Breathe, pray, ask the Holy Spirit for help.

### **Identify**

Do you prefer a clutter-free life or do you tend to gravitate toward messiness? How does that preference affect your daily life?

### **Read**

*Scriptures to grow by...* Psalm 37:7-8, 34-40, Galatians 5:19-23, Matthew 6:31-34, 11:28-30, Mark 4:18-19, Genesis 22:18, Ecclesiastes 3:1-13.

### **Reflect**

1. What words, phrases or ideas stand out to you from the Bible readings you read today? What do you think God may be leading you to consider as you evaluate how much breathing room you have in your schedule, in your relationships and in your finances?
2. How do these words, phrases or ideas connect with your everyday life? What do they lead you to think or to do?
3. Read Matthew 6:31-34. Why is it so challenging to live out what Jesus commands in these verses? What might Jesus want to say to you about this? What do you want to say to him?

### **Respond**

*Moving forward...* Take some time to consider where you need some breathing room in your life? What is one thing you can do this week with Jesus to start creating it? Write it down, refer to it often and share your progress with a trusted friend.