



FINDING PEACE IN CHAOTIC TIMES

SEPTEMBER 12 | FINDING PEACE SO WE CAN LIVE AS PEOPLE OF GOOD NEWS

START TALKING | Ask a question to get your group thinking.

- How would you describe your current pace of life?
- What seasons of life have you lived at a pace that felt life-giving? What did it look like?

START THINKING | Ask a question to get your group thinking.

- Read Mark 1:29-35
- What words or phrases stand out to you?
- What are the current demands of life that are surrounding you?

START SHARING | Choose a question to create openness.

- What resonates with you as you seen Jesus intentionally stepping away?
- Find yourself in this story. What do you need to step away from? What would it look like for you to step away? How does that make you feel?

START PRAYING | Be bold and pray with power.

- Jesus, help us to find rest and healing in you. May we take you up on your promise that you will give us peace and restoration for our weary bodies and souls. May the Holy Spirit equip us to slow down to walk at the speed you are moving. In our resurrected Savior's name we pray, Amen.

START DOING | Commit to a step and live it out this week.

- "Sabbath is not just rest from making things. It's rest from the need to make something of ourselves."
- Check out more on the Sabbath with this 4-day devotional:
<https://www.bible.com/reading-plans/21872-understanding-the-sabbath>