



GAUGES AND GUARANTEES

GET TALKING

Would you say that you have “hurry sickness”? (ie. constantly speeding up daily activities, have little time to chat, or hate waiting for anything?) Why do you think you have it?

MESSAGE HIGHLIGHTS

Examining the gauges:

1. The identity gauge
2. The rest gauge
3. GPS
4. The trust gauge
5. The eternity gauge

DIG IN

- If the “hurry sickness” is left untreated, stress becomes the norm, we focus on the urgent and neglect the important, relationships break down, and our faith and growth is stagnant. If this life has become normal for us, how do we identify this in ourselves? Why are we not always the best people to evaluate ourselves?

Read Psalm 23:1-6

- Read this familiar Psalm out loud. Listen to it as if it is the first time you’ve heard it. What stands out to you or comforts you?
- When we allow others to define our identity, what are the fall-outs? How do we learn to better see reality through the eyes of Jesus. What difference would it make?
- Just like a car, we need to stop and fill up our tank. We do that through sabbath. What does your sabbath look like? What fills up your tank the most? What needs to change to prioritize more sabbath time in your life?
- Look at Psalm 23:6. How does having a compelling vision of things unseen change how we live our life today?
- Look at the 5 gauges exercise from the weekend. When it comes to “Empty or Full”, share which of your gauges is most empty and which one is the fullest.

BIG IDEA: A sabbath lifestyle is sustained by monitoring the faith gauges.

NEXT STEPS

Hurry Sickness! Our world today is built on it - everything is meant to move very fast. Do we even see our own sickness? We wonder why we get stuck in our Christian walk, not realizing that we are sick, and our gauges are on empty. What changes do you need to make in your day, your week, or your year to fill your tank?

Prayer

In your prayer time, ask God to help build these rhythms into your life. Ask Him to give you hearts that hunger for time spent with Him.