

WEEK 6:

# Encouragement

Discussion Questions

Video Reflections:

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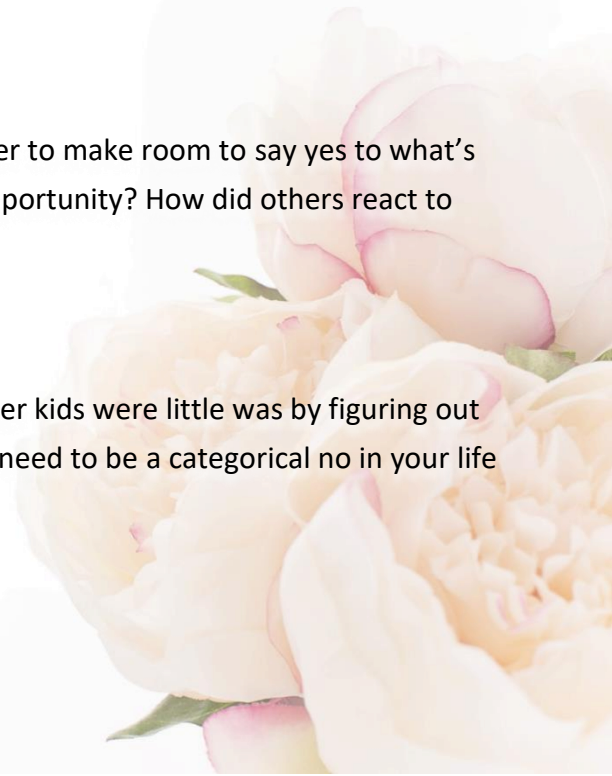
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## Discussion Questions:

- 1| What stood out to you from Mandy and Sandra's discussion?
  
- 2| Sandra talked about a time she heard the rest of her family gathered in the kitchen chatting while she was busy at her desk. Have you had any moments like that, where you caught yourself missing the people and things that are most important to you?
  
- 3| Mandy and Sandra talked about saying no to what's good in order to make room to say yes to what's best. Have you or has someone you know ever said no to a good opportunity? How did others react to that decision?
  
- 4| Sandra said one of the ways she created breathing room when her kids were little was by figuring out what was a "categorical no" in that season of life. What is or might need to be a categorical no in your life right now?
  
- 5| What's one thing you want to remember from this study?



BOTTOM LINE:  
SAYING NO TO GOOD THINGS GIVES YOU MARGIN TO SAY YES TO THE BEST THINGS

## Bible Verses:

Monday: John 10:10

Tuesday: James 1:5

Wednesday: Luke 10:38-42

Thursday: Proverbs 29:25

Friday: Galatians 5:1

## Devotion Q & A:

1. You cannot have life to the full if your calendar is already full. Make an action plan for making breathing room in your time. Write down one thing that you want to remember as it relates to your time. Which of the four fears on the right is a challenge as it relates to your time? (Flip back to Week 3) Write one thing you can do now.
2. Continue building that action plan. Write down one thing you want to remember from this study as it relates to your finances. (Flip back to Week 4) And which of those fears is most challenging as it relates to how you spend your money? Write one thing you can do now.
3. Next in the action plan is relationships. Write down one thing you want to remember from this study as it relates to your relationships. (Flip back to Week 5) And which of those fears is most challenging as it relates to how you prioritise the most important people in your life? Write one thing you can do now.
4. So, what are your first three steps toward making breathing room in your:  
TIME: \_\_\_\_\_  
MONEY: \_\_\_\_\_  
RELATIONSHIPS: \_\_\_\_\_
5. What kind of pushback might you get once you make these steps? Who might not support your choices? Who can be a helpful ally and cheerleader?
6. Make room to just breathe, to rest, journal, pray, and/or memorise: "So if the son sets you free, you will be free indeed." John 8:36

Fear of Missing Out  
Fear of Not Mattering  
Fear of Falling Behind  
Fear of Disappointing Others

