



BREATHING | ROOM

WARM UP

First Things First

Have you ever felt like you were taking three steps forward and two steps back?

SET IT UP

We live in a world where there are many, many things constantly screaming for our time. We live in an age of “opportunity overload.” One of our greatest challenges is to choose wisely – to give our time and energy to the very best opportunities instead of things that are mere diversions. We not only need a “to-do” list, we also need a “stop-doing” list. The choices we make now will determine the legacy we leave in the future.

CHAT IT UP

1. **What stresses you out?**
2. Diamonds stand out best against a black backdrop. Likewise, the important truth we are going to talk about stands out against the background of the shortness of life. **Read Psalm 90:1-12. What stands out to you from this Psalm?**
3. **Have you ever had to face death personally? What affect did it have on you?**
4. Mark said, “My time is limited, so I must limit how I spend my time.” That means we have to prioritize our lives. **What are your three biggest priorities in life?**
5. If we are not careful the things we want to be the most important get crowded out by the urgent. **Do you see any conflicts between what you say is most important and what you actually do? Where?**
6. Let’s take some time to brainstorm together. (Ask group members to share when done.)
 - **Create three columns on a piece of paper.**
 - **And write these three titles at the top of the columns: Every Day, Every Week, Every Year.**
 - **Then write one or two bullet points that complete the following sentence in each column: Based on my priorities I need to do _____. (Ex: I need to eat dinner with my kids 5 times a week or make going to church a priority.)**

WRAP IT UP

My time is limited, so I must limit how I spend my time. *Don’t* try to change your whole life overnight. *Do* try to invest your time in what matters most. Close out the group time by praying for God’s strength to invest in the most important areas of life.

LEADER TIPS

- Make sure every member of your group has a notecard and pen for the brainstorming exercise in question 6. As you go through the question, give your group members time to think and process. Share some of your answers with one another.