



PAUSE

BEFORE YOU ACT

04/28/2024

SMALL GROUP QUESTIONS

1. On Ruth's top 10, which one do you relate to the most?
2. How have you paused this week in a situation that could've gone worse by not taking a moment?
3. When was a time you didn't pause and how did that play out? What could you have done differently?
4. Why does waiting for God seem so hard?

SONGS FROM TODAY:

Blessed Be Your Name – The Worship Initiative
House of the Lord – Phil Wickham
War Cry – The Belonging Co
No Longer Slaves – Bethel Music

Ruth Haley Barton's 10 Signs that you are Moving Too Fast:

1. _____ (on edge)
2. _____
3. _____ (when you do stop to rest, you can't relax)
4. _____ overworking
5. _____
6. _____ behaviors (binge watching tv, excessive social media usage, excessive alcohol)
7. _____ from your identity or calling
8. Not able to attend to basic _____ (sleep, exercise, eat)
9. _____ energy
10. _____ in spiritual practices (disciplines become less and less frequent)

“The great thing, if one can, is to stop regarding all the unpleasant things as interruptions of one's 'own,' or 'real' life. The truth is of course that what one calls the interruptions are precisely one's real life.” - C.S. Lewis

- We need to have a life of _____.

“You must ruthlessly eliminate hurry from your life.” – Dallas Willard

1 Samuel 16: 1-23 NIV

4 Ways we can learn from Pausing:

1 Samuel 16:13

1. Pausing is a way to stay _____ on God. (not my will, but yours)

Jeremiah 29:11 “For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you a hope and a future.”

1 Samuel 18:18

2. Pausing is a great _____ practice.

Colossians 3:23-24 Whatever you do, work at it with all your heart, as working for the Lord, not for human masters,²⁴ since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.

1 Samuel 24

3. Pausing allows you to consider a _____ response (thinking before you speak, thinking before you act)

Ephesians 4:31-32 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

4. Pausing gives _____ to the Holy Spirit to change your heart.

John 8:1-11

*All scriptures are NIV (New International Version) unless otherwise noted

Notes:
