



TITLE: “JUNK: Say Yes, Less”

Culture
(Where I live)

Character
(Who I am)

Chaos
(How I live)

CHRIST-LIKE

Matthew 11:28– Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.”

JESUS HAD TIME FOR...

☒ Deep Relationships ☒ Rest ☒ Influence

☒ Quiet ☒ Greatness ☒ God

THAT’S WHAT I WANT IN MY LIFE:

[] Absolutely! [] Nah...they’re overrated

Why I say “yes” to more... **I WANT TO BE LOVED!**

DECLARING WAR ON HURRY: I MUST...

Say “yes” to being honest about my unhealthy **PACE**.

QUESTION: Have you ever hit a point where you realized the "culture, character, and chaos" of this world were negatively impacting your pace of life? When did you decide to be honest about that?

Say “yes” to drawing closer to God’s **VALUES**.

QUESTION: When have you shifted your focus to align your calendar and priorities with Christ-like values?

Ephesians 3:17-19— May your roots go down deep into the soil of God’s marvelous love. And may you have the power to understand, as all God’s people should, how wide, how long, how high, and how deep His love really is. May you experience the love of Christ, though it is so great you will never fully understand it. Then you will be filled with the fullness of life and power that comes from God.

1 Thessalonians 2:8— We loved you so much that we were delighted to share with you not only the gospel of God but our lives as well, because you had become so dear to us.

Isaiah 58:13-14 (MSG)— “If you watch your step on the Sabbath and don’t use My holy day for personal advantage, if you treat the Sabbath as a day of joy, God’s holy day as a celebration, if you honor it by refusing ‘business as usual,’ making money, running here and there — Then you’ll be free to enjoy God!”

Say “yes” to what’s really IMPORTANT.

QUESTION: What stood out to you about the "stickers" Pastor Gary described—those empty awards or recognitions we often chase? What are some of those "stickers" you have pursued in your own life?

QUESTION: What are the most important things you need to say "yes" to right now? Does your calendar truly reflect the godly values Pastor Gary shared?

Psalms 46:10— “Be still, and know that I am God...”

To live this way is to be radical —>

To be radical is to be counter-cultural —>

To be counter-cultural is to be like Jesus —>

To be like Jesus is MY GOAL

QUESTION: What changes do you need to make right now, and how can this group pray for you?

CLOSING QUESTIONS:

QUESTION: What is one specific activity or commitment you are going to say 'no' to this week to create margin for God?

QUESTION: Who is one person you can invite to check in with you this week on your progress toward a healthier pace?

QUESTION: When and where will you set aside time this week to practice 'being still' (Psalm 46:10)?