

	<p style="text-align: center;">Life Group Discussion Guide May 3, 2015</p>	
Discussion Questions		Leader Notes
<p><i>"We should rest in Christ alone for our salvation. But along with that there is still an abiding principle that we ought to worship on the Lord's Day and trust God enough to have a weekly routine where we cease from our normal labors. We need God's ordinary means on Sunday for our extraordinarily busy lives the rest of the week."</i> – Kevin DeYoung</p>		<p>Helpful Hint: Get people involved in the discussion by asking non-threatening questions that will engage the whole group.</p>
<p>Discussion Kick Off</p> <ol style="list-style-type: none"> 1. Why do you think we push and push ourselves to work more and more? 2. In the US, workers forfeit some \$52.4 billion in earned benefits each year. Workers, on average, fail to use nearly five vacation days a year. Why do we waste these free days given to us by our employers? Do you use all of your vacation days? 		
<p>Evaluate It</p> <ol style="list-style-type: none"> 1. Why do you think God chose to rest on the seventh day? 2. After reading Mark 2, how does Jesus' words illustrate how these guys had missed the point and purpose of the Sabbath? 3. Currently there are three general views of the Sabbath among American Evangelical churches: Christians must strictly observe Saturday as Sabbath as ordained by God, Sabbath observance rules should be transferred to Sunday, and the Sabbath was part of the laws of the Jewish people in the Old Testament; since we are not under the law, it is not applicable to the church at all. Where do you fall? Why? How should we observe the Sabbath? 4. What is the result of ignoring God's instructions of adding a day of rest in the rhythm of our work life? How do we suffer? How do those around us suffer? How does our relationship with Christ suffer? 5. Worship was a part of the initial Sabbath. What are the benefits of continuing this tradition? Why should our day of rest include worship as well as R and R? 		<p style="text-align: center;">SCRIPTURE PASSAGE Read Genesis 2:2-3 and Mark 2:23-27. Make it more interesting by reading from the Message version (free on the You Version Bible App).</p>
<p>Make It Personal</p> <ol style="list-style-type: none"> 1. What conflicts do you feel between work and family obligations? How do you deal with that conflict? 2. How much do financial obligations drive your work ethic? 3. What is one thing you know is out of balance in your work-rest rhythm? What can you do change that? 		<p>At the end of the discussion, take a moment to take prayer requests from the group (if you haven't done so) and pray for your group before you end your time together.</p>
<p>If I had my life to live over again, I'd try to make more mistakes next time. I would relax, I would limber up, and I would be sillier than I have been this trip. I know of very few things I would take seriously. I would take more trips. I would be crazier. I would climb more mountains, swim more rivers and watch more sunsets. I would do more walking and looking. I would eat more ice cream and less beans. I would have more actual troubles, and fewer imaginary ones. You see, I'm one of those people who live life prophylactically and sensibly hour after hour, day after day. Oh, I've had my moments and if I had to do it over again I'd have more of them. In fact, I'd try to have nothing else, just moments, one after another, instead of living so many years ahead each day. I've been one of those people who never go anywhere without a thermometer, a hot-water bottle, a gargle, a raincoat, aspirin and a parachute. If I had to do it over again, I would go places, do things and travel lighter than I have. If I had my life to live over, I would start barefooted earlier in the spring and stay that way later in the fall. I would play hooky more. I wouldn't make such good grades, except by accident. I would ride on more merry-go-rounds. I'd pick more daisies.</p> <p style="text-align: right;">-Tim Hansel, <i>When I Relax I Feel Guilty</i></p>		

Starting a Table or Life Group? Take a look at the helpful information below:

Who establishes and makes up a table or life group?

1. Husband & Wife
2. Family
3. 2-5 Guys
4. 2-5 Ladies
5. 2-5 Couples

Where do they meet?

1. Kitchen table
2. Coffee table
3. Cafe table
4. Restaurant table
5. Picnic table
6. Work table
7. Round table

- Meeting (how often, how long): Weekly or bi-weekly (day and time is decided by the group). No more than 2 hours.
- Who should lead a table or life group? Leadership can be shared or the group may choose a leader.
- How long should the group stay together? The group should commit to stay together 6-8 weeks. Groups can renew their commitment to meet together at the end of that time, but initially groups should stay together 6-8 weeks.
- What happens if the group is too big to meet around a table? No table or life group should have more than 15 individuals. If a group grows to have more than 15 participants, there are two options:
 - Multiply into separate tables (groups of less than 15) or
 - Seek to establish a life group (10-20 participants)
- If you have any questions or would like to establish a life group, please contact Jason Fox at 270-765-4994 or jason@fcctown.com.

If you would like to talk with a minister,
call 270-765-4994 to set up an appointment or contact:

Stuart Jones stuart@fcctown.com Senior Minister
Chris Kiger chris@fcctown.com Student Minister
Jason Fox jason@fcctown.com Small Group Minister

Doug Mitchell doug@fcctown.com Connections Minister
Tim Hurd tim@fcctown.com Children's Minister
Shannon Smith Shannon@fcctown.com Assistant Children's Director