

GROUP CHECK-IN (20 mins):

Take a few minutes to catch up and see how everyone is doing.

- “How was your week? What was the high point? What was the low point?”

QUICK RECAP

We used the analogy of a jar being filled with rocks and pebbles, representing our lives being filled with priorities both large and small. We learned that our crammed calendars ironically leave us feeling empty. Worse, they keep us too busy to really live out our God-given purpose: to have a relationship with Jesus and to guide others to do the same. We often let smaller, urgent things (the pebbles) crowd out what truly matters (the big rocks). In order to see God do the unexpected and miraculous in our lives, we'll need to **make room**.

DISCUSS (20 mins):

1. Do you feel like your current schedule reflects your actual priorities? Why?



READ

Luke 10:38-42 - The story of Mary and Martha

2. Who do you relate to more in this season of life, Mary or Martha? Why?

REFLECT (20 mins):

1. What did you write down as some of your **big rocks**? Which one felt most non-negotiable to you?
2. Which **pebbles** compete for your time and energy the most? Were there any that surprised you or felt hard to admit?
3. Imagine what it might look like to live with more margin in your life. What do you think would be different about your emotional, spiritual, or relational health?

TAKE ACTION (30 mins):

The goal here isn't guilt, it's taking steps forward...

1. What's one **green item** (new practice) you want to add this month?
2. What's one of your **yellow items** (area to refocus)? What is your plan to approach it more intentionally?
3. What's one **red item** (thing to cut or limit) that you're going to work on removing?



ACCOUNTABILITY

What obstacles might make these changes difficult?
How can we support each other in this?

PRAYER (5 mins):

Choose one or more people to pray for the group members: (Here are some prompts to help if you are having trouble getting started):

- "God, help us recognize what really matters."
- "Give us courage to say no to the wrong things and yes to the right things."
- "Teach us to live with margin and make space for You."



MIDWEEK CHECK-IN

Encourage everyone to share a "win" later in the week:

"I cut a red item today."
"Had a moment of margin, and God showed up."
"My big rock this week is getting my full focus."