

## Weekly Discussion Guide – 8-7-2022

1. If you're going through these questions with a group, begin by sharing if there was a time you ever got the time wrong, especially if it's funny.
2. Take a moment to pray: "God, will you show me if there are ways in which I am being tempted to run the 'rat race of culture' right now?" Write down any answers.
3. Is there one adjustment you can make to pace yourself better spiritually in this season?
4. Read Ephesians 5:13-16 and Romans 13:11-12. Does anything stand out to you? Do you sense God saying something specific to you through these verses?
5. In the sermon, we were introduced to "Kairos" time, moments when God breaks into our days and minutes. Can you think of any Kairos moments from the past week? What's God getting your attention about? Is there anything He wants you to do about it?
6. Commit to reminding yourself each morning this week that God wants to get your attention today. Commit to looking for Kairos moments and write down any you notice.