

MESSAGE DISCUSSION QUESTIONS

Questions to dig deeper into this week's topic



TAKING CARE OF BUSYNESS

NOVEMBER 2, 2025 | FEAR OF LOSING CONTROL

1. When is a time that you got involved in a situation and “saved the day”? What were the details of that circumstance?
2. Conversely, when was a time that someone else had to come in and rescue you? What happened in that event?
3. Compare/contrast how those two experiences felt. Why might you prefer one over the other?
4. Read Matthew 6:31-34. Who is in control of whether we get the things we need in life, according to this passage?
5. Matthew 6:33a says to “seek first his kingdom” and let God work out all the other things. What Sabbath step could you take today that would help you seek God’s kingdom by surrendering control of your life to God: committing to weekly worship or a daily Bible study? Tithing a full 10% of your income? Committing to praying before you make any significant decision? Whatever you pick, make a plan, put it on your calendar, and commit to that Sabbath practice!