

## ***I Just Can't* Week 2** **How to THINK When You Can't**

# TALK IT OVER

### **Key Scriptures**

Matthew 11:28-30  
Proverbs 23:7  
Matthew 6:33  
Hebrews 4:2-3  
Exodus 20:8-10  
Hebrews 4:9  
Hebrews 12:1  
Ecclesiastes 3:1  
Romans 12:2

### **Key Ideas**

3 Mindsets When We Just Can't

1. Think GOD not ME
2. Think REST not BREAK
3. Think RHYTHM not BALANCE

**Start talking.** Find a conversation starter for your group.

- Do you have FOMO (fear of missing out)? If so share your biggest recent bout of FOMO.

**Start thinking.** Ask questions to get your group thinking.

- How do you keep from being “stuck in your head by yourself”?

**Start sharing.** Ask questions to get your group talking.

- What does it look like to put God first in every area of life? Can you think of an example in various areas?
- Do you agree that there's a difference between rest and break? How do you define each? Do you struggle with rest? Do you practice the Sabbath?
- Do you think that society glorifies the idea of balance? Why or why not? What's one area you can start practicing rhythm over balance?

**Start praying.** Be bold and pray with power.

- *Father God, help us to put YOU first, rest in you, and live a life of rhythm. In Jesus' Name, we pray, AMEN.*

**Start doing.** Commit to a step and live it out this week.

- What's one step you can take this week to live out the message in your life?