

Response – Making it Practical



1. Which of the 5 thieves do you struggle with the most? What could you change this week to help manage that thief better?
2. How can we build into our lives the truths of this study?

My Prayer List

Coming Next Week!

We often act as if temptation is an outside force. Though true to a point, its source is much deeper.

What does life at 3mph teach us about temptation?

A message from
Matthew 15:12-20



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Sermon Notes



Divine Pause

Life @ 3MPH – Part 1
Mark 1:34-39

Life Group Study Notes

Study based on Mark 1:34-39 – Sept 17, 2017

We've all heard the adage less is more? How do we sift through daily demands to the heart of what's most important. What does life at 3mph teach us about priorities?

Study – Discovering What the Bible Says



1. What consumes the majority of your time, and are you fine with the time it takes, or is it a constant source of stress in your life?
2. Why has busyness become the new status symbol for many people?
3. What would you consider to be the biggest barrier to discipleship:
 - a. Lack of knowledge
 - b. Lack of time
 - c. Lack of importance

Read Mark 1:34-39

4. What was presented as the major tension in the story? Why?
5. There are two contextual realities in this passage. What are they?
 - a.
 - b.
6. What are the 5 thieves that fuel overload and what are the 5 questions to help counteract them?
 - a.
 - b.
 - c.
 - d.
 - e.