



## WEEK 4

### One-Minute Recap

Rest isn't something we can risk skipping. Instead, it is a gift given to us to be stewarded well. When you look at your life, do you have a regular rhythm of pausing every week to connect with God, others, and the good thing He has given you?

**The easiest things to cut out or our schedule are often not the things that are costing us our peace.**

- During this series, what have you cut out to create more margin?
- Have those things been easy to change or hard to change?

**“We lack peace in our life because our pace is poisoning it.”**

**Pastor Graham**

**a      b      c      d**



### Talk about PACE.

- What is your current pace of life? Fast, medium, slow?
- Do you think your pace is adding to or taking from your peace?





## LEARN - CONSECRATION




Consecration is a big, fat Christian word, but traditionally, it simply means to declare that something is sacred.

Daniel is a biblical example of being a culture shifter. So let's study it.

### VERSE TO STUDY - Dan. 1:5-16

**8** But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way. **9** Now God had caused the official to show favor and compassion to Daniel...**15** At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food. **16** So the guard took away their choice food and the wine they were to drink and gave them vegetables instead.



**What stands out to you most in this passage?**

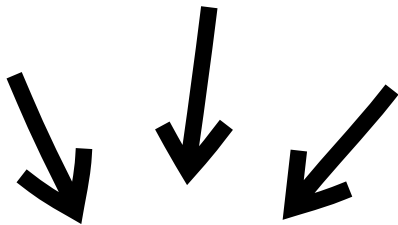
**Why do you think Daniel chose to abstain from the royal food and wine? What is the root issue he is addressing by refusing?**

**Have you ever chosen to shift culture in a way that made people question you?**



## FOLLOW PRACTICE

Practice Sabbath



Put on a two-minute timer on your phone.

Sit in silence as a Group for two minutes.

After you have created this “mini sabbath” in your Group, share what came up for you.

- What seems to be the biggest distraction in your mind when you get quiet?
- What might happen if you spent an entire day away from the things that clamor for your attention?
- Have you ever tried it?

**C.S. Lewis**

**“There are far better things ahead than any we leave behind.”**





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