

(Gather with some friends, family or your Group and use the following questions, along with the message notes to connect, learn, and take your next step.)

DISCUSSION QUESTIONS

What has been your busiest period of life to this point?

Part 1: What are your primary responsibilities, the things that only you can do?

Part 2: What are the competing concerns that are taking time from your primary responsibilities?

What are the tasks that energize you? Are they responsibilities or concerns?

Part 1: At what time of the day are you at your best?

Part 2: What and where do you need to say “no” so that you can say “yes?”