



A R R O W S

LIVING TOWARDS THE TARGET

SET THE PACE – WEEK 3

Small Group Time:

Talking through the message during the week helps you and your group turn what God is saying to you into action steps. Begin with key questions, add any optional Scriptures and questions if needed, and then wrap up by deciding on your next steps.

Main Idea:

We all want to hit the target. It doesn't matter what facet of life we're talking about, we all desire to aim for something & then be able to accomplish it. Yet, in spite of that desire, the one area where it seems most difficult to consistently hit the target is with our families. These are the most important relationships in our life, but also the most difficult relationships in our lives. What does it take to start living towards the target?

Key Questions:

1. Do you consider yourself to be an “early-bird” or a “night owl”?
2. Read **Psalms 127:2**. Have you ever felt the anxiety that is a result of working too much or too hard? What were some of the repercussions?
3. There were four areas we need to find our “rhythm” to have a healthier life – SCHEDULE, DISCIPLINE, REST, and ROMANCE. Which of these do you feel is easiest to get out of rhythm in your life/family? Explain.
4. Do you ever feel paralyzed when trying to make healthy adjustments to your schedule? Why? One of the tips Ben gave was to start with what's most important and work from there. What are some important things that tend to get pushed down on your schedule? What would it take for you to give God the first part of every morning?
5. Read **Proverbs 19:18**. Why do you think Solomon makes such a bold claim – “without discipline you'll ruin their lives”? One of the things Ben said was that every arrow is different, so the follow-thru must be different when it comes to discipline. How does this look in your family? Why is this so hard?
6. How are about taking rest? What do you need to do to find your rhythm in rest?
7. Ben set some goals for our investment in our marriage. How can we work up to these goals? Why is it important to be okay with working towards them & not expecting to arrive next week?

Next Steps:

- What's one thing you will do this week as a result of something you learned from this message?