



Notes | November 26, 2023

## How do I make the most of the next 30 days?

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The next 30 days can be filled with a lot of things. Between work, shopping, kids, family activities, school functions, we can run around like crazy. We want to get the most out of it that we can, but more often than not, we end up being too busy, too stressed, too rushed or too overwhelmed. It's supposed to be the most wonderful time of the year, but we get this hurry sickness of literally getting sick and worn out because we are doing too much.

### Key Scripture | Mark 6:31-42

The apostles gathered around Jesus and reported to him all they had done and taught. Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest." So they went away by themselves in a boat to a solitary place. But many who saw them leaving recognized them and ran on foot from all the towns and got there ahead of them. When Jesus landed and saw a large crowd, he had compassion on them, because they were like sheep without a shepherd. So he began teaching them many things. By this time it was late in the day, so his disciples came to him. "This is a remote place," they said, "and it's already very late. Send the people away so that they can go to the surrounding countryside and villages and buy themselves something to eat." But he answered, "You give them something to eat." They said to him, "That would take more than half a year's wages! Are we to go and spend that much on bread and give it to them to eat?" "How many loaves do you have?" he asked. "Go and see." When they found out, they said, "Five—and two fish." Then Jesus directed them to have all the people sit down in groups on the green grass. So they sat down in groups of hundreds and fifties. Taking the five loaves and the two fish and looking up to heaven, he gave thanks and broke the loaves. Then he gave them to his disciples to distribute to the people. He also divided the two fish among them all. They all ate and were satisfied.

### Related Scriptures

Mark 6:45-46; Luke 5:15-16; Matthew 11:28

### Icebreakers:

Q: If you were stranded on a deserted island, what is the one food you would want an endless supply of?



## Key Thoughts and Reflections:

### I. Jesus had pressure to be busy but had peace from real rest.

Q: How do you find rest in a busy season?

Q: When you are done with a busy day, what do you turn to?

Q: What does it mean for you to get real rest?

### II. Don't just "get through" who God puts in front of you.

Q: If those closest to you were to describe your attitude in a busy, what would they say?

Q: What are reasons we tend to rush through people instead of being present with them?

Q: Do you have a time in your life where Jesus challenged you to do more than just "get through it" with a person or event? What did you do?

### III. Get time alone with God.

Q: What does your time with God look like now? Do you have that time?

Q: Is there a place or habit that helps you be with God? Why does it work for you?

Q: How could you spend quiet alone time with God? If you already do, how could you increase that time?

## Get Practical

We just talked about different ways that you can get time alone with God. Here are a couple of ways to spend time with God this week:

- Pick a time of day. Choose one (or more) times throughout the day to spend five minutes with God.
- Pick a way to spend that time. Listen to a worship song, journal a prayer to Him telling Him about your day, read our Lordship devotional, read Scripture, or find an advent book to do with your family.
- Pick a space. Find a quiet space, free of distraction, to spend with God.