



INTRODUCTION

Take some time to discuss the previous week's readings and/or challenges. Here are some things to discuss:

- ➔ Celebrate a win.
- ➔ Share a struggle.
- ➔ What did God reveal to you during the readings and/or challenges this past week?

Ice Breaker: What is the biggest time waster in your life?

WATCH SERVING CHALLENGE VIDEO 3 - AVAILABILITY
kingofkings.org/servingchallenge

DISCUSSION

- 1 Rate on a scale of 1-10 (1 being extremely busy and 10 being nowhere near busy) how busy you are. Why do you give yourself that number?
- 2 In this session, Zach makes the claim that for many, your intentions to serve others are often in a good place, but it stops there. You intend to serve. You want to serve. Rather, the reason many don't serve others is that you don't feel like you have the space, or the time in your lives to serve. Agree/disagree? Explain.
- 3 Theologian Dallas Willard said, "Hurry is the great enemy of spiritual life in our day." When do you know you've crossed the line between being busy and living hurriedly?

Let's look at Jesus and the unhurried life that He lived. Read the following verses out loud in the group and discuss in each passage how Jesus was unhurried. If answers or help are needed, please visit Day 2 (page 29) of *Serving Challenge*.

- **Mark 1:12-13**
- **Mark 1:35**
- **Mark 2:1-12**
- **Mark 4:33-34**
- **Mark 4:37-38**
- **Mark 5:24-34**





DISCUSSION (CONT.)

Despite Jesus being busy and living with a time-bound mission of incredible consequence, He was never too hurried to miss out on the one person who needed Him in the moment.

- 4 When you get too busy or live hurriedly, who is most likely the person or people you will neglect?
- 5 Let's play a "closest to the minutes" game. How many minutes per year would you guess a person in the United States spend on their mobile devices? Answer is found at the bottom of this week's guide.
- 6 Screen Check! Both Apple and Android allow their users to check how much screen time they have used. Check last week's screen time usage and share with the group as much of the following that you are comfortable with:
 - Hours/minutes per day that you have used
 - How many phone pick-ups per day
 - The top 3 apps that are in use
- 7 After discussing those three, are there any particular Apps you realize you are spending too much time in that you can limit, or remove from your phone?
- 8 Zach makes the case that most people aren't as busy as they think. The reason you feel so busy, so hurried, and so tired, is because you are pursuing empty leisure and trivial pursuits. Agree/disagree.

Read **Isaiah 6:8**: **Then I heard the voice of the Lord saying, "Whom shall I send? And who will go for us?" And I said, "Here am I. Send me!"**

- 9 What are one or two tangible things you can do this week to eliminate hurry from your life to be more available to serve like Jesus?

CLOSING THOUGHTS

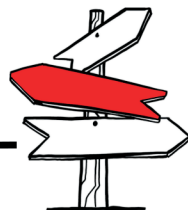
Often times we celebrate those who have unique abilities (and we'll discuss that later in the 40-day challenge), but God will work far more through the available than the able.

#SERVINGCHALLENGE   

Read **Matthew 11:28-29**: **"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."**



WEEK 3 | AVAILABILITY



FROM RED LETTER CHALLENGE

SERVING CHALLENGE

CHALLENGE FOR THE WEEK

Fill out the time inventory sheet at the end of the small group guide or at www.servingchallenge.com/free-resources. As you look at how you spend your time, discover one area that's just right, one that's too little, and one that's too much, and make an adjustment moving forward.

PRAYER

Spend time in prayer confessing the times we aren't available to be used by God and how we mis-prioritize our time in this world. Thank God for His grace that allows us new opportunities. Pray today for the spirit of the prophet Isaiah that whatever and whenever God calls us, we would respond with a "Here am I, send me" attitude.

*For a deeper, daily experience to go alongside the weekly small group experience, read days 13-19 of *Serving Challenge: A 40-Day Life-Changing Journey to Serve Like Jesus*.

Closest to the minute answer: According to ExplodingTopics.com, the average per day usage is 3 hours and 30 minutes, making the average minutes per year 76,650. Interestingly, another 56,210 minutes is spent on average looking at computers. Total screen time between mobile and computers is 7 hours and 4 minutes daily. This figure does not count any time that is spent on televisions.



WEEK 3 | TIME INVENTORY SHEET



FROM RED LETTER CHALLENGE

SERVING CHALLENGE

TIME INVENTORY

	MON	TUES	WED	THURS	FRI	SAT	SUN
Sleep							
Work/ Education							
Exercise/ Personal Care							
Family/ Friends							
Screen & TV Time							
Hobbies							
God/Faith							

