



Please begin this study by opening in PRAYER and asking God to reveal his will to us and to guide your time together.

The Big Idea from this week's message:

The decisions we make today will determine the stories we tell tomorrow. Decide today the story you want to tell tomorrow by saying no to the right things. The focus of our discussion today will be on **what we should decide to stop**.

Review:

- What's one idea from the message that really stood out to you? Why did this idea grab your attention? [that there are not all good things are God things, reasons we do not stop (we don't know what we are missing, we don't know what it will cost us if we don't)]
- **READ – Exodus 18:17-27**
- In this week's text we find Moses (a great man of God) trying to do it all on his own. How do you think the story would have ended if he had not listened to wise council? [We cannot know for sure ... but it is likely that Moses would have burned himself out. The nation of Israel would have suffered with him – when a leader struggles ... the people under them struggle too!]
- How did Moses' decision to stop doing everything help to write his story? [Not only did it create relief and margin in his life ... it also enabled and equipped the nation to move on without him]

Story Time:

- Can you think of a time in your life when you said NO ... when you put the brakes on in some area of your life in order to get back on track? (Please share with the group) [It is always helpful to have an example from your own life that you are ready to share ... maybe it was saying no to a job, maybe it was stopping extra activities, maybe it was stopping a destructive habit in your life]

Questions:

- **READ – Isaiah 1:11-17**
- According to this passage there can be activities in our lives that seem like they please God but in reality – THEY MAY NOT. We may have to stop doing some **good things** in order to do the **right things**. Can you think of an example of something that is good that a person might have to stop in order to do what is right? [some examples might be – too much church activity, too much community involvement, an extreme hobby, too much work]
- Is there something getting in the way of what God wants you to want? If so, what is it (what are they)? [might be a hobby, a friend, a job, an extra activity, an electronic device]
- How do you think stopping your one thing will change your life?

Reflection:

- What do you think will be the hardest part of stopping the one thing you identified earlier?

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

Please pray that God would help each of us **to see the things we need to stop** and give us the strength to follow through on our decisions.