

CLUTTER

WEEK 3
CREATING SPACE

Message Notes

Danny Anderson

Our lives get cluttered because we have not made time to clean up the mess.

You must create space.

“Remember to observe the Sabbath day by keeping it holy. You have six days each week for your ordinary work, but the seventh day is a Sabbath **day of rest** dedicated to the Lord your God. On that day, no one in your household may do any work.” *Exodus 20:8-10*

What exactly does the Sabbath do?

“The Sabbath was made **for man**, not man for the Sabbath.” *Mark 2:27*

1. The Sabbath creates space to refresh.

“You have six days each week for your ordinary work, but on the seventh day you must stop working. This gives your ox and your donkey a chance to **rest**. It also allows your slaves and the foreigners living among you to be **refreshed**.” *Exodus 23:12*

“You have six days each week for your ordinary work, but the seventh day is a Sabbath day of complete rest, an official day for **holy assembly**. It is the Lord’s Sabbath day, and it must be observed wherever you live.” *Leviticus 23:3*

2. The Sabbath creates space to reflect.

As a dog returns to its vomit, so fools **repeat** their folly. *Proverbs 26:11*

When you evaluate, you can eliminate.

“As long as you live, keep learning to live.” Seneca

3. The Sabbath creates space to refocus.

One day soon afterward Jesus went up on a mountain to pray, and he prayed to God all night. At daybreak he called together all of his disciples and chose twelve of them to be apostles. *Luke 6:12-13*

“In order to have focus we need to escape to focus.” Greg McKeown

A. Weekly space.

B. Quarterly space.

Have I spent 80% of my time on my top priorities?

“Without great solitude no serious work is possible.” Pablo Picasso

Essentialism by Greg McKeown

WEEKLY BIBLE READING

ONE YEAR NEW TESTAMENT	SUNDAY Luke 22:14-34	MONDAY Luke 22:35-53	TUESDAY Luke 22:54-23:12
this week	april 24	april 25	april 26
WEDNESDAY Luke 23:13-43	THURSDAY Luke 23:44-24:12	FRIDAY Luke 24:13-53	SATURDAY John 1:1-28
april 27	april 28	april 29	april 30
WEEKLY MEMORY VERSE Leviticus 23:3			

CLUTTER



Small Group Questions Continued

For Group Discussion

Answer these questions prior to your Small Group meeting this week.

Check-in

LAST WEEK'S ACTION STEP

From the information we discussed the last time we met, what did you apply to your life in a practical way?

OTHER POTENTIAL TOPICS FOR CHECK-IN

TIME WITH GOD - What are you applying that you are getting from your daily time with God?

MEMORY/MEDITATION VERSE - State it.

ACCOUNTABILITY FOR - Who was accountable for you? Did they care for you by helping you achieve your action step(s) this past week?

Introduction

Our lives can often become cluttered because we fail to create the time necessary to clean up the messes. It may not be a big deal if we fail to take the extra 2-3 minutes necessary to clean up our closet, bedroom, or car. However, it can be detrimental to us, and those around us, if we don't create the space to refresh, reflect, and refocus our lives. In order to do this, we must intentionally create extra space.

Discussion Questions

1. The "noise of life" makes it difficult to hear the voice of God and causes us to live in a reactionary way. Describe some of your life's noise.

Are you proactive about creating extra space in your schedule? Share with the group how you create it, or what keeps you from creating it?

2. Read Exodus 20:8-12. In your own words, what is a Sabbath? What kind of challenges do you face in creating the extra space to take a consistent Sabbath?

Read Mark 2:27. The Sabbath is a gift from God and was designed to create space for our body and soul to be refreshed. Take a moment to discuss how taking a Sabbath provides this necessary refreshment. In the space provided, jot down some of the benefits that taking a Sabbath provides.

3. One of the many benefits from taking a Sabbath is the opportunity to evaluate our lives. How can a lack of life evaluation be detrimental to us and those around us? If you take the time to evaluate your life, take a moment to share with the group how you currently practice this.

4. We must prioritize creating the space necessary to refresh, reflect, and refocus. How are you going to de-clutter your life by creating the weekly and quarterly space necessary to make your greatest contribution?

Action Step

Fill in the blanks below for this upcoming week.

My action steps are _____

I'm accountable for _____, and their action steps are _____

My memory verse is _____

This coming week, I'm praying for:

