

Interrupted

Series: I Became a Christian and All I Got Was This Lousy T-Shirt

Week Four: Small Group Questions

Correlates with Chapters 10–11



1. Tell us about a time you went really fast. Maybe it was in a car and you received a speeding ticket, or perhaps it was when you used to be a track star.
2. Some of us are reading the book, *I Became a Christian and All I Got Was This Lousy T-Shirt*. In that book the author talks about “150-mph living”—when we’re moving so fast that we just skim along the surface of life, too busy to pause or to really invest in our priorities. Do you relate to that? How do you see it happening in your life?
3. Read Genesis 2:2–3; Matthew 14:23; Matthew 11:28–30; Deuteronomy 5:12–15.
4. From these readings:
 - a. What speed do you sense God moves at?
 - b. Why do you think God rested on the seventh day?
 - c. Why do you think Jesus would often go off by himself to rest and pray?
5. In the accounts of Jesus’s life in the Bible, we see him get interrupted by people regularly, but he never treated the interruptions as interruptions. He always slowed down and gave all his attention to the person. How do you typically treat interruptions?
6. Why do you think God made taking a day of rest one of the Ten Commandments? Why do you suppose it’s so important to him?
7. Someone has said, “Of all the Ten Commandments, this is the one American Christians are willing to completely not follow and still not even consider the possibility that they are sinning.”
 - a. Do you agree or disagree with that statement? Why?
 - b. How does that statement apply to your life?
8. Jesus said in Matthew 11 that he came to bring us rest.
 - a. Has that been your experience as a Christian?
 - b. If you’re following Jesus but don’t feel very rested, what might you be doing wrong?
9. What would you need to change to live life at the same speed God seems to?
 - a. What needs to happen for you to begin to really experience the rest Jesus offers?
 - b. What might you need to eliminate from your life? What might you need to add?
 - c. Who can you get to help you?
10. Pick a day (or at least half a day) sometime soon to have a day of rest with some serious alone time that you spend relaxing with God. Use some of the day to examine your schedule. Are you too busy? Do you spend enough time with God? Do you spend enough time sleeping? Do you spend enough time on your highest priorities? What needs to change in your life?