**Group Discussion Questions**

Please share about your “Sabbath” this week or a plan you have made for a time in the near future. What was that like?

If you handed your weekly planner to Jesus and asked Him to make some changes, where would He start? What is one way in which your weekly time expenditures might be out of balance?

What would it look like for you to honor God with your work each week? (Apply this to your situation whether you have a paid job, work around the house, or are a student in school.)

What are some factors that might lead a person to become a workaholic and let that aspect of life get out of balance?

What would it look like for you to honor the Lord with your leisure time?

What would it look like for you to honor the Lord in the way you spend time with your family (or the people you’re closest with if you do not have one)?