



## AND: People AND Pause | September 20, 2017

### Discussion Guide

#### The Scoop

Technology is incredible in that it allows us to live in a world where we are always connected. And yet we are starting to realize there is potential for too much of a good thing.

#### Key Verse

**Luke 5:15-16 (NIV)**

Yet the news about him [Jesus] spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. But Jesus often withdrew to lonely places and prayed.

#### Discussion

We like things in our lives to be clear-cut. We consider the 'life of a party' to be an extrovert and the 'quiet person in the corner' to be an introvert.

1. Do you consider yourself to be more of an extrovert or an introvert?
2. How would you define an extrovert? An introvert?

While it is true that we tend to have a preference for being extroverted or introverted, often times extroverts need some time alone and introverts need more connection. This tension is a good thing. It allows extroverts to take some time for themselves and introverts to connect with people.

3. Do you ever feel a tug and pull between being an extrovert and introvert?
4. What are some ways you can embrace this tension?

The story from Luke 5 is a perfect example of Jesus balancing both People and Pause. Jesus came to impact lives and invest in people, but he knew that always being connected and always giving came at a cost. He also knew that only pausing and praying would compromise the meaning and impact of relationships. Jesus both connected with people and took time to pause. He calls us to do both as well.

5. What are some places in your life where you can do a better job of connecting with people?
6. What are some ways that you can time some time to pause and reflect on God?

#### What's Next?

This week set two goals: 1) look for the places you can connect with others and share life and 2) plan for the intentional places you can take time and pause. A healthy faith life requires us to do both.