



## Pause: Whitespace | November 29, 2017

### Discussion Guide

#### The Scoop

When is the last time you intentionally took time to push pause? Not like an accidental free moment, but a time where you were intentional about scheduling a break. God has something to say about this in our normal rhythms of life.

#### Key Verse

**Psalm 46:4-7 (NIV)**

There is a river whose streams make glad the city of God, the holy place where the Most High dwells. God is within her, she will not fall; God will help her at break of day. Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts.

#### Discussion

From family, to careers, to friends, to responsibilities—our lives are often moving forward at a million miles per hour. They are jam-packed with activity from start to finish and many of us are guilty of spending 100% of our efforts on exertion while allocating 0% for thoughtfulness.

1. If you had to list everything you do in a day, what would be the top 10 most important?
2. What is the favorite part of your day? The least favorite?

When we are always switched on to 'go-mode' we can become burned out. Burned out on our jobs, our responsibilities, and even our friends and family. When we are always exerting and never contemplating, we have no room to breathe and no space to pause. An intentional, strategic pause is also known as whitespace. Whitespace implies that there is space in your calendar or on your task list to stop.

3. How much of your time do you spend in go-mode? In pause-mode?
4. Are there places in your life where you could add intentional time for reflection...whitespace?

Times of pause and reflection are not only an opportunity to recharge and invigorate, they are an opportunity reflect on God and receive his wisdom. When we take time God has a tendency to show up. If we add intentional time to pause and reflect on God, we grow closer with Him and are better able to see what He is doing in our lives and what better understand what our next steps might be.

5. What can you do to better incorporate strategic whitespace into your faith life?
6. What might some of the benefits be?

#### What's Next?

This week as you live out your faith be strategic about taking a break, scheduling white space, and finding places in you life to pause. If you can't make it happen this week, look ahead and schedule it. If you don't make time for whitespace, it is easy to get focused on self and what is immediately in front of you, and not leave room for God to work in your life.