

# DISCUSSION GUIDE

*TIME OUT*  
A Mother's Day Message

**ICEBREAKER:** What smell do you hate that doesn't seem to bother other people?

**OVERVIEW:** In the game of basketball, time-outs are very important. Time-outs give you a chance to catch your breath, to grab a drink of water, and to re-view the game-plan. They also give the coach an opportunity to motivate and instruct his team. Time-outs are also important for the Christian life. It is essential for Christians to have a daily quiet time — to get alone with God each day for prayer and Bible study. In this discussion we will go deeper with how to develop this important habit.

1. What insight, principle, or observation from this weekend's message did you find to be the most helpful, eye-opening, or troubling? Explain. (Or what was your key takeaway from Sunday's message?)
2. Read Mark 1:35. What does it say about the necessity of a daily quiet time if even the Son of God saw the importance of it?
3. What are some of the main challenges of motherhood? How can a daily quiet time help?
4. How has God worked in your own life through a daily quiet time?

5. How does pride get in the way of having a daily quiet time?
6. How does doubt get in the way of having a daily quiet time?
7. How does a lack of self-discipline get in the way of having a daily quiet time?
8. How does disorganization get in the way of having a daily quiet time?
9. If you have a daily quiet time, what is your prayer and Scripture-reading routine?
10. How does your quiet time need to improve?

**The Last Word:** "Your daily quiet time should be the absolute number one priority of your life." Rick Warren