



# Choosing to Cheat

## *CHOOSING TO CHEAT*

by Andy Stanley

**ICEBREAKER:** Are you a homebody or do you like to get out and do something whenever possible?

**OVERVIEW:** At some point in our attempts to get the most out of life, we lose control of our lives. We try to force one more thing into our already busy lives and we reach the breaking point. Too much pressure causes an emotional breakdown. Too much debt causes a financial breakdown. Or maybe you're on the verge of a breakdown in your relationships. What do you do when your work life is so full you don't have time for the people who matter most?

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. Breathing room is the space between our current pace and our limits. Why is life better with breathing room?
3. Why can't you be efficient in a relationship? What are some ways that people try to be efficient in their home relationships?
4. Why do people generally struggle to invest the same amount of energy and effort into their relationships as they do their careers?

5. The thing that wars against breathing room in our lives is not discipline, not the amount of money, but fear. What fears make it hard for you to make breathing room in your life?
6. How much do you tend to be at ease at work but restless at home because work gives you a sense of progress and accomplishment?
7. In the message, Andy said, "Mutual submission is the key to a great marriage." How does that statement sit with you? What are some things that make it difficult for you to submit to the needs of the people in your life?
8. Think about the way you balance your work and home lives. To what extent do you find yourself absent from important family events and promising to do better by pointing to a future that will make up for the past?
9. What are some challenges you would face in choosing to cheat at work?
10. What is one thing you can do this week to begin to create breathing room at home? What can this group do to support you?

*There may not be enough time to get everything done that you want to get done or that culture tells you needs to get done. You may have to cheat. But where are you going to cheat? Who are you going to cheat?*