



1. On a scale of 1–10, how "maxed out" does your current season of life feel? What does space or margin look like for you?
2. What is one thing in your life that is negatively impacted by the amount of space you have in your daily life?
3. Re-read (or skim through) Luke 4:31-44. What stands out to you? What do you notice in Jesus' pace? What do you imagine he received in His "solitary place."
4. Re-read Luke 8:22-25. Again, what stands out? What do you notice about how Jesus used this time to nap?
5. In the rest of your group time, talk through each of the benefits of space listed below. Identify which one(s) is lacking more for you in this season? What needs to happen in order to create space for these benefits? What do you imagine will be the cost if you do not create some margin?
  - Space for presence
  - Space for emotional equilibrium
  - Space for readiness
  - Space for creativity and wonder
  - Space for connection
  - Space for rest
6. What is one thing you can change this week to increase space for these benefits?