

Special Speaker: Pastor André Mansoor

In this day and age, we find ourselves being pulled in many different directions with life and all that it requires from us. 2019's Hope Chapel theme is "Making a Difference" and this week we take a look at the importance of maintaining ourselves, the difference makers, so that we could be effective for a long time.

Restoring the Difference Maker

1 Peter 5:6-10

1. Realities of Being a Difference Maker

- A. Rewards and Benefits
- B. Physical Toll
- C. Emotional Toll

2. The Need for Wellness

- A. Finding Rest
- B. Taking a Sabbath
- C. Accountability

3. Creating a Plan of Action

- A. The When
- B. The How
- C. The Who

LIFEGROUP QUESTIONS

BEGIN IT (5min) – Time spent in praise and opening prayer.

OPEN IT (10min) – Who was your favorite difference maker growing up, why?

Explore it (60min) – As a group, review the questions and any additional notes people had about Sunday's sermon.

1. When thinking about 2019, do you feel like you have been able to get yourself involved in someone's life to be seen as a difference maker? IF no, you have time!
2. How do you feel life has been like since taking on a responsibility or stepping into a role of a difference maker?
3. In times when you feel like you are stretched thin due to responsibilities, do you feel like there is a hope for rest and restoration? Have you felt burned out?
4. How have you been able to apply a sabbath into your life? Share with the group what that looks like for you.

APPLY IT (15min) – What plan of action have you made for yourself to be restored and find rest in Jesus? If you haven't yet, would you take time to start planning that and seeking advice from others around you that may have already have a plan in action.