

A Masterpiece Day
Unstuck series
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Main Points:

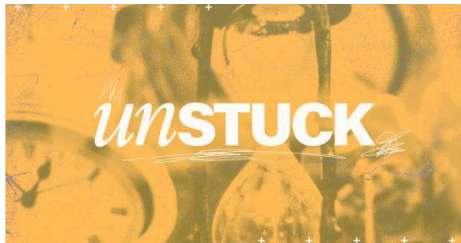
1. Scripture reference: Genesis 1:1-5

- a. Get _____.
- b. Rest in what _____ has _____, NOT in what _____ must _____.
- c. To be at your _____, prioritize _____.

2. Go _____.

- a. Spiritually – You must _____.
- b. If you're never in a place where _____, what makes you think you're going to be able to be _____?
- c. Scripture reference: Mark 1:35
- d. Socially – attempt _____ together screen _____.
- e. Physically – _____ is _____!
- f. Creatively – NOT necessarily for _____ but for _____.
- g. It's hard to have a _____ that _____ and _____ well.

1. a. sleep b. God, already done, you, do c. best, rest 2. Deep, a. actively remove distractions b. others
can't reach you, reached by God d. eating, free e. exercise, good for you f. productivity, enjoyment g. bad
day, starts, ends



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Group Life Questions

- 1. How can prioritizing rest impact your daily life according to Genesis 1:1-5?**
- 2. What does it mean to rest in what God has already done rather than in what you must do?**
- 3. How can you actively remove distractions to deepen your spiritual life?**
- 4. Why is it important to find time alone where others can't reach you, as mentioned in Mark 1:35?**
- 5. How can eating together screen-free improve your social interactions?**
- 6. In what ways has regular exercise positively affected your physical well-being?**
- 7. How can engaging in creative activities for enjoyment benefit your overall mood and mental health?**
- 8. How can starting and ending your day well help you maintain a positive outlook?**