



Sermon series: Press Pause
Text: Luke 10:38-42
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Pause to Relate

Big Idea: Pausing provides us with the space to reprioritize our lives around what matters.

“There is a danger that you will mislive – that despite all your activity, despite all the pleasant diversions you might have enjoyed while alive, you will end up living a bad life. There is, in other words, a danger that when you are on your deathbed, you will look back and realize that you wasted your one chance at living. Instead of spending your life pursuing something genuinely valuable, you squandered it because you allowed yourself to be distracted by the various baubles life has to offer.” -William Irvine

Pause in order to prioritize _____ over _____. (Luke 10:38-40)

1. *Being _____ God is more important than doing _____ God.*
2. *_____ are more important than _____.*
3. *Sabbath is a weekly _____.*

Pause in order to prioritize _____ over _____. (Luke 10:40-41)

1. *Distractions will _____ us from what's most _____. (Psalm 46:10)*

“And Nothing is very strong: strong enough to steal away a man's best years not in sweet sins but in a dreary flickering of the mind over it knows not what and knows not why, in the gratification of curiosities so feeble that the man is only half aware of them, in drumming of fingers and kicking of heels, in whistling tunes that he does not like, or in the long, dim labyrinth of reveries that have not even lust or ambition to give them a relish, but which, once chance association has started them, the creature is too weak and fuddled to shake off.” -C.S. Lewis

2. *Sabbath is a _____.*

Pause in order to prioritize the _____ _____ . (Luke 10:42)

1. *Sabbath is a _____.*

Our priorities _____, but Jesus' priorities never _____.

If you had to make a list of your top 5 priorities in your life, what would that list include? Rank this list and then take a moment to estimate how much time you spend in each area.

What are ways that you feel a pressure to perform in your own life? How would you describe the difference of “doing” and “being” in your own words?

What are ways that you do (or might) intentionally spend a Sabbath prioritizing your relationship with God and with other people? How do you intentionally prioritize these areas throughout the rest of your week as well?



How much time would you estimate you spend on your smartphone each day? (After you estimate it, go into your smartphone and actually check this. You can do this by going into your settings and checking Screen Time). Was it more or less time than you thought?

If you are in a CARE Group, spend some time talking about your smartphone and technology habits. What helpful practices have you tried to incorporate in your own life or the life of your family when it comes to technology? What rules or strategies have you developed for discipling your kids in the area of technology? Where have you struggled or failed with technology? Pause and spend some time praying for each other in this area.

What are some of the places you spend the most time online? (Favorite websites, social media apps, Youtube, Netflix, etc) Which of these can easily feel up the dead space in your life?

Come up with some ideas of how you might better fill the dead space in your life. How might you put these ideas into practice this week?

What are some practices and habits that have helped you to prioritize the Best Thing in your life? What has helps you to be with God, hearing His voice and praying to Him?

Further Resources:

- [Read "Are We Too Distracted for Revival?" by Brett McCracken](#)
- [Read "Twelve Tips for Parenting in the Digital Age" by Tony Reinke](#)
- [Read "I Used to Be a Human Being" by Andrew Sullivan](#)