



Listen to the interview with Evan Oswald from this week's program and engage your group with the following discussion questions.

- Do you know anyone working 26 hours a day and 8 days a week, like Evan says he did? (Lord, is it I?)! Share with your group how you are doing with work versus leisure, or work versus family time.
- How do you get or take leisure time? What is good leisure or recreation for you?
- Do you think people take less leisure or time to relax now than they did 25 years ago? Fifty years ago? Why do we think we deserve to work only 40 hours a week?
- If you have to work on Sundays, how do you manage to have "Sabbath" time?
- Do you consider volunteer activities to be work, or part of your leisure time?
- Evan noted, "People that really care about working and helping other people have the most problem with burnout." Do you agree or disagree? Discuss.
- How can you help make sure that your pastor or other persons in leadership don't burn out?

Listen to Sam Heatwole read from *Frog Hollow Journal* about taking a bike ride when a neighbor is hard at work in his garden, and then discuss:

- Have you ever felt guilty enjoying exercise or leisure when you see others working?
- Read Matthew 6:25-34, the scripture the author refers to as he mutters, "Lilies of the field . . ." How does this passage help you deal with the need for more leisure in your life? Or perhaps you have the opposite problem: too little to do. What does this passage speak to your situation?
- When did you last truly stop and smell the flowers or admire a view like Norma and Jim did on this bike ride? Recall your experience and share highlights.
- If you have an hour of free time, what do you do? How do you think God would like you to spend that time?