



# The Point



A Companion Bible Study for Individuals & Small Groups  
For Message Series: *Why I.....?*  
Message: *Why I Linger*

## Listen:

Can you name a time that you intentionally lingered to achieve something?

## Learn:

Read Mark 6:31-32

- Do you think Jesus and His disciples lived busy lives?
- Can you name a time in your life that you were too busy?

Read Psalm 46:10

- How can you “be still” in a hectic world?
- Can you name a time in your life that God spoke to you in a “still” moment?

In our effort to SLOW down describe how you can do the following:

- **S**top the constant push for more.
- **L**earn to say no.
- **O**perate according to the example of Jesus.
- **W**ait for God’s timing.

**Live:** Examine your schedule for this week. Ask God what you need to take off in order to SLOW down. Do it.