

# *GRACE-PACED LIVING*

**#1 THINK**

#2 WORK & REST

#3 RELATE

#4 LIMIT

## *OUR CREATED DESIGN*

**We are** \_\_\_\_\_. Made from dust, we must understand and embrace our God-given limitations.

**We are** \_\_\_\_\_. We are more than just a body or a soul. The health of body and soul affect each other.

\_\_\_\_\_ *and* \_\_\_\_\_

\_\_\_\_\_ *and* \_\_\_\_\_

**We are** \_\_\_\_\_. Sin has messed up every part of our complex beings—including how each part interacts with the others.

# GOD'S GRACIOUS CHARACTER

**God is a gracious \_\_\_\_\_.** He offers an endless supply of all we need to live a grace-paced life.

Grace \_\_\_\_\_  
**1 Cor. 15:10; 2 Tim. 2:1**

Grace \_\_\_\_\_  
**Heb. 10:22; 2 Cor. 5:21**

Grace \_\_\_\_\_  
**1 Cor. 3:6, Eph. 3:20**

Grace \_\_\_\_\_  
**2 Cor. 1:9, 1 Pet. 5:6-7**

Grace \_\_\_\_\_  
**Weekly Sabbath (Ex. 20:8-11; Mark 2:27)**  
**Sufficient sleep (Psalm 127:2)**  
**Physical exercise (1 Cor. 6:13)**  
**Family and friends (Prov. 17:17; 27:6)**  
**Christian fellowship (Rom. 1:12; 2 Cor. 1:4)**

# WORK IT OUT TOGETHER

**1A** - *Although none of us would say we are unlimited, most of us think we are less limited than we actually are. How do you know when you are living beyond your creaturely limitations?*

**1B** - *What are some practical implications of the truth that God is our Creator and we are His creatures?*

**2A** - *In what ways does Striving Adam take center stage in our culture? In what ways do we see a longing for Soulful Adam?*

**2B** - *Do you know anyone who integrates well both the Striving Adam and Soulful Adam parts of themselves? If so, what is that person like?*

**3A** - *The interconnectedness of the physical and the spiritual means that the health of the body affects the health of the soul and vice versa. How have you seen that kind of interconnectedness play out in your life?*

**3B** - *"Behind many seemingly practical problems are theological problems." What are your thoughts about that statement? Can you give an example of this from your own life?*

**4A** - *Most of the reason we don't live grace-paced is because we don't connect our theology of grace to our daily lives. What is one practical way a man or woman can live in the motivating, moderating, multiplying, releasing, and receiving power of grace? (give one idea for each)*

**4B** - *Some of God's best gifts are available through receiving grace: a weekly Sabbath, sufficient sleep, physical exercise, family and friend relationships, Christian fellowship. Which of these is notably absent in our culture and why?*