

CLOCKWISE

The Time You're Missing

A busy life can become an empty one when we spend so much time chasing what's next that we miss what matters now.

Discussion Questions:

1. How would you grade yourself in terms of being “fully present?” What makes you say that?
2. Read **Ecclesiastes 2:20–23** aloud.

So my heart began to despair over all my toilsome labor under the sun. For a person may labor with wisdom, knowledge and skill, and then they must leave all they own to another who has not toiled for it. This too is meaningless and a great misfortune. What do people get for all the toil and anxious striving with which they labor under the sun? All their days their work is grief and pain; even at night their minds do not rest. This too is meaningless.

What do you think Solomon means when he says even at night his mind cannot rest? Can you relate to that? If so, how?

3. Where do you see striving or anxiety show up in your own life or in people close to you?
4. Read **John 10:10** aloud.

The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

How does the idea of a “full life” differ from just having a life that’s full of activity?

5. We can find ourselves stuck in the past, chasing the future, or distracted in the present. Which one of these is stealing your presence?