



THE SURPRISING POTENTIAL OF UNOCCUPIED MOMENTS

TALK IT OVER

STOP Week Two : Think

The Big Idea

What if the pause is an opportunity to think?

Key Verse

(1 Peter 1:13a) "So prepare your minds for action and exercise self control."

Start Talking

Have you been noticing how often you go for your phone during unoccupied moments?

Start Thinking

Do you think most people over-think or under-think their life?

Start Sharing

Was there anything in the messages you found interesting or surprising?

What was your screen time like these last 7 days?

Why do you suppose thinking back is so important?

What situations would change if you prepared your mind before walking into them?

Can you think of a time that you under-thought the next step you were going to take
and it caused trouble for you?

What are some of the better things you would like to think about and make better?

Start Doing

The next time you have a pause and go to your device... Stop and Think!