



**STUDY GUIDE:** May 31, 2026

Message Series: More Than Gold  
Message Title: Slow Down  
Teaching Pastor: Angie Frame

### **Warm-up / Icebreaker (10 min.)**

What's something you tried to do quickly that ended up taking much longer because of a mistake?

### **Pray:**

Heavenly Father, thank You for bringing us together today. Thank You for creating us with passion, purpose, and drive. Help us slow down enough to hear Your voice and gain the wisdom we need for the lives You've called us to live. Teach us to balance enthusiasm with knowledge and guide our steps so we don't miss the way. In Jesus' name, Amen.

### **Get Started (30 min.)**

- When you think about passion or enthusiasm in your own life, what are some things that excite or motivate you most right now?

*"We all have some idea of what enthusiasm means... It's that gut-level, spiritual, soulful passion within you. So when we see 'enthusiasm without knowledge is no good,' it's like we're saying that force within us and throughout us—that heartbeat and passion—is no good unless it has knowledge with it." - Pastor Angie Frame*

### **Read Proverbs 19:2.**

- Why do you think passion alone is sometimes not enough to lead us in the right direction?
- Can you think of a time when slowing down and learning more. helped you avoid a mistake?

*"Knowledge is a good and necessary partner for enthusiasm. It is not an obstacle to overcome... knowledge provides guardrails to direct the drive, to shepherd the soul, in a way that is good." -Pastor Angie Frame*

### **Read Proverbs 1:7 and Proverbs 2:6.**

- What do these verses teach us about where wisdom and knowledge begin?
- Why do you think people sometimes resist slowing down long enough to seek wisdom from God?

### **Reflect and Commit (30 min.)**

*"Hasty feet miss the way. It's not bad feet, or defiant feet missing the way. It's hasty feet. When we are rushing and moving too fast, we miss the way. We make mistakes." -Pastor Angie Frame*

Read **Psalm 46:10**.

- What are some areas of your life where you feel hurried, rushed, or stretched too thin?
- How can being still help us better recognize God's direction and wisdom?

The message reminded us that God created us with passion and purpose, but we need His wisdom to guide that passion in healthy ways.

Read **James 1:5**.

- What is one area of your life where you need God's wisdom right now?
- What is one practical step you can take this week to slow down and spend intentional time with God?
- Take 30–60 seconds of quiet reflection and ask:  
“God, where am I moving too fast?”  
“What wisdom are You trying to teach me right now?”

*“God put enthusiasm, passion, and drive within us for a reason. He has plans for us to accomplish in the world. So, let's do the work to set up the guardrails of knowledge that can channel that enthusiasm for maximum impact.” -Pastor Angie Frame*

#### **Gather Prayer Requests (5–10 min.)**

Share prayer needs and take time to pray for one another.

#### **Closing Prayer:**

Father God, thank You for giving us passion, purpose, and gifts to use for Your glory. Help us not to rush ahead without Your wisdom. Teach us to slow down, seek You first, and trust Your direction for our lives. Give us knowledge, discernment, and patience so that our lives reflect Your goodness and truth. Guide our steps this week and help us walk closely with You. In Jesus' name, Amen.