



Week 4: From Meaningless to Satisfied

FACILITATOR’S NOTE:

- ✓ Start your group discussion with the “Check-in” question to help your members reflect back on their week and follow up on last week’s application challenge.
 - ✓ Review the “Big Idea” to help you gain clarity around the heart of this week’s message and focus your group’s discussion towards a clear direction.
 - ✓ Read this week’s scripture passages together and guide your group through the “Discuss” questions to initiate meaningful dialogue around key concepts or insights from this week’s message.
 - ✓ Move your group discussion to a deeper level by leading them through questions in “Apply”. Use discernment to customize these application questions to meet the needs & dynamics of your group.
- NOTE:** You do not have to cover all the questions provided in “Apply”.
- ✓ Connect with God together as a group through this week’s “prayer practice”, which can be in the form of a prayer exercise or some guidance on what to pray for in relation to the message or application.

<p>UPDATED NOTES TO FACILITATORS RE: COVID-19</p>	<p>During this unprecedented time of the COVID-19 pandemic, the primary focus of your group should shift to the immediate needs and mental health of your members. We are adopting a C.P.R. approach during this season, which stands for the following:</p> <ul style="list-style-type: none"> ● Care refers to the love and support that we offer in our groups, from helping one another with tangible needs, rejoicing in celebrations together, and supporting personal struggles with encouragement and empathy ● Prayer refers to offering our gratitude and praise to God, bringing our worries to Him, and praying for our community and world ● Remembering refers to reflecting on God for who He is, what He has personally done in our lives, and what He is capable of doing <p>DQs will continue to be provided for our sermon series, but will be shortened and simplified since your group’s attention and time should be devoted more towards CPR. For more resources on care and prayer, check out the Slack channels.</p>
<p>CHECK-IN</p>	<p>What landed with you from this week’s message?</p>

<p>BIG IDEA</p>	<p>Going from a state of chasing meaningless pursuits, ideals, and things outside of God to living a satisfying life in Jesus.</p>
<p>DISCUSS</p>	<p>Read John 10:10 and Phil 3:8 together</p> <ol style="list-style-type: none"> 1. What do these passages tell us about the foundation of godly satisfaction? Is it dependent on what we face and where we are in life?
<p>APPLY How do we respond to God's teaching in meaningful ways? What might God ask of us in mind, spirit, or actions?</p>	<p>When searching for satisfaction in life by being centered on God, ask these questions in order to help close the GAP (Gift, Abide, Pour into People):</p> <ol style="list-style-type: none"> 1. What is something you have been chasing outside of God or for self-satisfaction that you need to release from your life? Is there something that has been a source of distraction, preventing you from receiving God's grace for living a satisfying life? <p>Write these down on a piece of paper, crumple up the paper, and then throw it in the garbage after your life group.</p> <ol style="list-style-type: none"> 2. How can you incorporate moments of rest to your daily, weekly, monthly routine to abide in God's presence? 3. Is there someone in your circle of influence who seems to be lacking meaning in their life, especially during this COVID-19 situation? Name one person that you can reach out to this week and discuss how you could show Jesus' love to them.
<p>PRAYER PRACTICE (15 minutes)</p>	<p>Thank God for the gift of grace and pray for strength in releasing us from the things that distract us from gaining true satisfaction in life. Pray that God will help us to build a rhythm of rest in our life to stay connected to Him. Ask God to show us the people we could reach out to so that they too could live a life of satisfaction.</p> <p>During these times of great need around us, practicing prayer more regularly or intensely as a group can serve as an act of care, mission, and communion with God.</p>