

BEST. YEAR. EVER.

Week Two

Opening Prayer

God, thank you for being with us here and now. Help us to lean into all you have for us. Use this time to shape us and form us. Amen.

Talk It Over

This week we continued our series that is all about heading into this year proactively looking to live our best year ever. It's important to understand this isn't about quick fixes or denying the challenges. Rather, the invitation extended in this series is about living intentionally in the areas that matter the most to us and taking healthy control in the areas of life we can control.

During this series, we will be focusing on some key ways we often get out of sorts when we run too hard, too fast, and too long without taking care of ourselves. Let's look at that list now.

Some predictable ways we end up out of sorts when we are burned out, isolated, or overwhelmed:

1. Out of sorts emotionally.
 2. Out of sorts physically.
 3. Out of sorts spiritually.
 4. Out of sorts financially.
 5. Out of sorts relationally.
- Tell us about a time you dropped the ball in an area that mattered because you were running too hard, too fast, and for too long.

This week we looked at ways we can live our best life emotionally and physically this year.

Read Genesis 1:1-5 (NLT)

This verse ends indicating that a new day begins in the evening or when the sun goes down — not in the morning like we typically understand in our culture. While this might sound irrelevant to today's topic, this detail was highlighted in hopes of helping us reorient ourselves to our schedule and seeing that for most of us — at least those who work more traditional work hours — our days start under our control in large part.

- What does your life look like typically from 5 PM to 8 AM?
- How much intentionality do you put into how you spend your time from 5 PM to 8 AM?
- How satisfied or unsatisfied are you with how you typically spend your time from 5 PM to 8 AM? Explain your answer.

Here are four simple practices we can consider using to help us create more bandwidth and margin by being intentional with our time from 5 PM to 8 AM.

Share it: Take time for relationships.

Read Luke 6:31 (NLT)

(Content continued on the next page.)

Using our time to relationally invest in the right people — mindful of their needs and wants, and not just what we want — is one of the best ways we can live our best life.

- Who do you know is good at using their free time to connect with the important people in their life? What sorts of habits do you see this person practice?
- When do you find yourself investing in the important people in your life well? When is this hardest for you?
- What's one practical thing you can do or stop doing to help you get better at investing in people?

Enjoy it: Take time for entertainment

Read 1 Timothy 6:17 (Voice)

Science and the Bible affirm we become our best selves when we know how to have healthy, life-giving fun.

- To help us better understand what this looks like, describe someone in your life who seems to understand the value of healthy, life-giving fun.
- What do you like to do for fun?
- If you cannot think of something you do for fun, tell us what you might have said 10 or 20 years ago?
- Tell us about the last time you had a lot of fun.

Rest it: Take time for sleep.

Read Psalm 127: 2 (MSG)

- How healthy or unhealthy are your normal sleep habits?
- When do you find yourself most able to practice healthy sleep habits?
- When do you find yourself struggling the most to practice healthy sleep habits?

Recharge it: Take time for yourself.

Read Luke 5:16 (NV) and Psalm 46:10

Rest is different than sleep. Rest is about taking time to be present with ourselves, our inner world, and with God. Two great ways to recharge is silence and solitude.

- How comfortable or uncomfortable are you with being present with yourself, your inner world, and with God through silence and solitude? Why is this the case?

Read 1 Corinthians 6:19-20 (NLT)

Living our best life involves intentionally taking care of ourselves. When we are at our best, we are positioned to live our best and to bring our best to God and others. Everyone wins when we live well.

- What is one thing you can focus on doing this week to help be more intentional with your free time?

A Quick Note About Additional Support

If you have tried some of these practices and you still find yourself struggling, this might be a good indicator you might benefit from additional support. Check out our list of counselors on the EastLake Church Mental Health resource page (eastlakechurch.com/next-steps/mental-health-resources).

Closing Prayer

God, you know us at our best and when we are most broken. You desire to help us live well emotionally and physically. Help us to grow in our ability to use our time wisely; help us to enjoy the benefits of values and habits that really enable us to live well emotionally and physically. We want to become our best selves; please guide us with your loving Spirit. Amen.

How To Use this Discussion Guide

The guide is meant to serve you and your group as you intentionally create space to grow in friendship and faith. Use the guide as a tool to help your unique group.

With that in mind, consider reviewing the guide before your group to see if some content or questions might resonate more or less with your group. Don't feel pressure to read all the content or to hit all the questions. The guide is not meant to be something you power through for the sake of completing. Pick the content from the guide you feel will help foster friendship and faith in your specific group.

In addition, spend some time praying for your group each week, preparing your heart, and asking God for wisdom and guidance as you lead.