



## Week One

### Opening Prayer

God, thank you for your presence and the ways you desire to bring us good. Help us say yes to the ways you want to move us forward. May we not miss the kind invitations you have extended to us. Amen.

### Talk It Over

Jesus wants to empower and equip us to live well. That is what this new series is all about. These next few weeks we will be looking at some very specific ways God invites each of us to engage with life. Life+ is about focusing wisely and making intentional choices.

- How are you feeling about this New Year?
- Overall, how would you sum up last year?
- What were some of the greatest lessons you gained in the last decade?

**Read John 10:10 in three of four different translations. This is our theme verse for this series. Anyone from the group is welcome to pull up John 10:10 in whichever translation they'd like.**

- After hearing this verse various times and in various translations, what image, themes, or ideas jump out at you?
- In your own words, what does an abundant life or a life of abundance look like?

### Read John 15:1-4 (VOICE) and John 15:9-11 (VOICE)

While God's love for us is unconditional, throughout the Jesus narrative the Bible repeatedly calls us to choose Jesus. In fact, living the life God invites us into is about choosing Jesus again and again. Not perfectly by any means, by wholeheartedly and earnestly through the seasons of life.

- How are you staying connected with Jesus this season *and* how do you feel about the ways in which you are connecting or not connecting with Jesus this season? Like all questions, remember the point of these questions is to create an honest space where we can openly share about where we are in life and how we are feeling about that place.
- Are there any relationships, items, habits, ways of thinking, or so forth that you are feeling led to prune this season? Tell us what you are feeling called to let go of and how this invitation is showing itself in your life.
- Pruning can be painful and hard. Tell us about a time you did the work of pruning and experienced the gift on the other side.

### Read Matthew 6:33 (ESV)

- Do you have anyone in your life who demonstrates what it means to put God first? If so, tell us what this person models.
- What are some ways well-intended Christians can get confused about what it means to put God first?
- In personal and practical terms, what does it mean for you to put God first in your every day, real life?

*(Content continued on the next page.)*

## Read Galatians 5:22 (TPT)

- In your own words, what does this verse teach us?

**Let's take some time to look at the gift of joy God desires to offer us:**

**One — Joy is not found in circumstances. Joy is found in Jesus.**

- Tell us about a time you were able to experience joy despite a difficult circumstance.

**Two — Joy is not a feeling. Joy is a choice. Joy is a choice we make despite how we feel right now. Joy is a choice of focus.**

- While feelings are important and valid, what does it mean to choose joy?

**Three — Joy is not an add-on. Joy is an add-in. For something to add on, you can just put it on top of everything. But for something to be able to add-in, there has to be space. There has to be room.**

- What are common messages you have heard about joy?
- What is your relationship or experience like with joy?
- In what ways do you feel you are walking in joy well?
- In what ways do you want to get better at walking in joy?

## Closing Prayer

God, thank you for this time and these friendships. You know the details of our life and you look to meet us in the midst of real circumstances. Help us to find your voice, love, and spirit here. Move us forward, God. Amen.

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## 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 pressured 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.