

Week 4: Living

Icebreaker

Think of a time in your life when you made a good choice, and one that you now consider may have been a bad choice. It can be something recent or in the past; something simple like an item of clothing or a meal; or something more significant like a job, house or relationship. Share what you liked or didn't like about the consequence of your choice.

Watch

Watch the introductory video together and consider the following concepts:

1. We are teleological beings
2. We are volitional beings
3. Created for three-dimensional living
4. Bringing spiritual direction
5. Wisdom for the journey

Memory verse

Read the week's verse (Gal. 6:2) aloud as a group and then ask group members to share what it means to them.

Discuss

1. What aspects of the Sunday message ('Choose Life') struck you the most and why? (You could refer back to your notes in the *Daily Guide*.)
2. Think through the implications and relationship of the three dimensions of life and the three Greek words Jesus used (especially how they relate to Journeying).
3. Spiritual direction can take different forms, and come in different ways. Think of some and share them together.
4. What are the most significant aspects behind making choices?
5. How do our emotions and thinking patterns affect our choice and behaviour patterns? What does 'renewing of the mind' mean? (See Rom. 12:1—2; Eph. 4:23.)
6. Discuss the difference between unbelief and doubt (Week 4: Tuesday and Wednesday), and how doubt can actually strengthen our faith. Keep in mind, the idea that doubts are not in the mind but in the heart. Look at Thomas' response (see John 20:24—29).
7. Think through the relationship between stress and anxiety and the idea that 'stressors' can have a traceable cause that can be identified (Week 4: Thursday). What about the

thought that circumstances don't cause stress, but our attitude and response to them do. (See Matt. 6:25—34, MSG.)

8. Time pressure is ever present. Why do you think we are always giving in to the demands of life, always doing the most pressing thing instead of taking time to work out our priorities? In what ways are we prone to letting the urgent crowd out the important? Why do you think that Jesus accomplished so much in three short years? (See Luke 21:34.)

Do:

This week, the **Tips for journeying together** in the *Daily Guide* have been focused on developing empathy. Share together how you have been getting on with the tips this week and which ones have been most useful.

Next as a whole group or in pairs, discuss any entries made in your **Daily Journal** that you think will be helpful to others and reflect on them together. How has your **Journeying Together Action Plan** with both people in your church family and in your local communities progressed this week? Has anyone received any responses to their wristband?

If your group has a **Kindness Box**, ask members to share whether they achieved their act of kindness in the last week and encourage everyone to take another kindness card for the week ahead.