

### YOU ASKED FOR IT, PART 1-PURPOSE

**Jeremiah 29:11 (NIV)**– “For I know the **thoughts and plans that I have for you**, says the Lord, **thoughts and plans for welfare and peace** and not for evil, to **give you hope** in your final outcome.”

Every person on earth **was created** to better mankind

Every person has **talents** to better mankind

Every person has **an opportunity** to better mankind

Every person has **a purpose** for which they were created

Every person must look within **to discover** their purpose

Change your **mindset**

**Embrace** your responsibility

You have to be **intentional**

### The Two Challenges of Life

**Mark 8:34 (NLT)**– <sup>34</sup>Then, calling the crowd to join his disciples, he said, “If any of you wants to be my follower, you must give up your own way, take up your cross, and follow me.<sup>35</sup> If you try to hang on to your life, you will lose it. But if you give up your life for my sake and for the sake of the Good News, you will save it.<sup>36</sup> And what do you benefit if you gain the whole world but lose your own soul?<sup>37</sup> Is anything worth more than your soul?

1. To **find** ourselves

2. To **lose** ourselves

### How Do We Find Ourselves?

When we **discover** our **purpose**.

### 5 Questions to Help You Discover Your Purpose

1. What do you **cry** about?

- What causes you so much **discomfort**
- What motivates you to **take action**

2. What do you **sing** about?

- What always makes you **happy**
- What puts a **bounce** in your step

3. What do you **dream** about?

- What if you could do **anything** you wanted to make the world better?
- What if you could make a **difference** on a larger scale?

4. What am I **passionate** about?

- What I love to do is often **what I should** be do.
- Passion sets us apart from **others**.

5. What are my **gifts**?

- Be **good** at it.
- Have an **opportunity** to use it.
- Be **energized** by it.
- Have **capacity** to develop it.

### How Do We Lose Ourselves?

1. **I want to** make a difference (**2 Timothy 1:9 MSG**)

2. **Doing something** that makes a difference (**1 Corinthians 3:12-15**)

3. **With people** who want to make a difference (**Ecclesiastes 4:9**)

4. **In a time** that makes a difference (**2 Corinthians 6:1-2 NLT**)

**The Big Idea: The greatest need in any person’s life is to live a life of significance. *A life that makes a difference.***



## **YOU ASKED FOR IT! SMALL GROUP DISCUSSION GUIDE PART 2: DEALING WITH STRESS**

**INTRODUCTION:** In Part Two of You Asked For It, Pastor Marc said you can't get the things that you truly care about done with the amount of other things we've added to our lives. The Stress in America survey states the following:

- The Stress in America survey results show that adults continue to report high levels of stress and many report that their stress has increased over the past year – *American Psychological Association*.
- 75% of adults reported experiencing moderate to high levels of stress in the past month and nearly half reported that their stress has increased in the past year – *American Psychological Association*.
- Approximately 1 out of 75 people may experience panic disorder – *National Institutes of Mental Health*.
- Stress is a top health concern for U.S. teens between 9th and 12th grade, psychologists say that if they don't learn healthy ways to manage that stress now, it could have serious long-term health implications – *American Psychological Association*.

The truth is we are doing too much. It just **doesn't** all fit. **The challenge that we run into is** it produces an affect that you and I can't hardly live with. Stress, tension and anxiety. Maybe we need to refocus. Maybe we need to shift our focus. Maybe we need to stop focusing on more, and focus on what matters most.

*"Be careful, or your hearts will be weighed down with carousing, drunkenness and the anxieties of life, and that day will close in on you suddenly like a trap" - Luke 21:34 NIV*



## **YOU ASKED FOR IT!** **SMALL GROUP DISCUSSION GUIDE** **PART 2: DEALING WITH STRESS**

### **DISCUSSION QUESTIONS**

1. What was your biggest take away from Sunday's message?
2. Have you identified your source(s) of stress? If so, share with the group.
3. How have we misunderstood the biblical warning "in this world we will have **trouble?** **Discuss**
4. Pastor Marc shared **Three Truths to a Better Way.** How can you apply one if not all to your everyday life?
  - a. It is better to have **less** of what doesn't matter and **more** of what does.
  - b. It is better to live by **design**, not by **default**
  - c. It is better to get the **right things** done, not **more things** done.
5. Why is it important that we be willing to "change our minds" about it, and how can we begin to embrace that change?
6. **Read Hebrews 12:1 NIV** Let us throw off everything that hinders and the sin that so easily entangles, and let us **run** with perseverance **the race marked out for us. Discuss**
7. In order to run our race, we need to practice. In the same way we have to practice doing **less.** Here is the process. **Discuss**
  - a. Take **regular** Inventory
  - b. Make **tough** decisions
  - c. Focus on what **matters most** (God, people and eternity)

**MOVING FORWARD** Don't focus on more, and focus on what matters most.

**CHANGING YOUR MIND** *LORD, remind me how **brief my time on earth will be.** Remind me that my days are **numbered**, and that my life is fleeing away. Psalm 39:4-5 NLT*