



Life Is Complicated. We Can Help.

Essentials

#nplifeiscomplicated

Week 1

September 13, 2020

Bottom Line: Focusing on Jesus makes life better and makes us better at life.

Icebreaker: What is the household or technological tool you would hate most to lose? Why?

Key Verse: *Everyone who hears my words and puts them into practice is like a wise man who built his house on a rock.*
Matthew 7:24

If we are going to navigate the times that currently surround us, there are some specific things we need in our lives. First, **WE NEED POWER TO LIVE ON.** Life's stresses, changes, conflicts, and work all rob us of energy. Where do we get the power to keep going? We try all sorts of fads, therapies, and pills, but God is the source of the power we need. We need to drop the distractions and center in on God, His plan, and His purpose. We will be renewed and refreshed.

WE NEED PEOPLE TO DO LIFE WITH. We were made for relationships. We are supposed to have people we depend on. If we don't have intimate relationships, our physical, mental, and emotional health suffers. When life is hectic, the first thing that gets shortchanged is our relationships, and it always comes back to haunt us. Relationships build us.

WE NEED PRINCIPLES TO LIVE BY. We need a moral foundation, a clearly thought out philosophy of life. We need a code of conduct and conviction that gives stability. God has given us the principles that are the foundation for life. But they are the opposite of conventional wisdom. For example, popular culture says, "You earn your way to heaven by having more good works than bad." God says, "Not a chance. It's a gift of grace you must accept by faith." We hear so much about tolerance, but truth is what sets you free. We need truthful principles to live by.

WE NEED A PLAN TO LIVE OUT. We need an outlet for our talents, a plan and a place where we can make contributions with our lives. We will either live life by default or design. We can live accidentally or intentionally. Life doesn't make sense until you understand that you were made by God for God. His plan for your life is service. That's where significance is found.

Ultimately, **WE NEED A PURPOSE TO LIVE FOR.** Everyone needs to feel like their life matters. If we don't understand our purpose, we live and die just existing. Every one of us was created with a hole only God can fill. When we try to stuff it with anything else, we can easily get addicted but not satisfied. The secret of life is to get to know Jesus Christ, and then get connected to a spiritual family where you can get life support. Following Jesus in this way will make life better and makes you better at life.

THINK IT OVER >>>

What impacted you most from the message?

What is most stressful for you in 2020? What has been a big change for you? Is it connected to COVID-19 or not?

The more you focus on God, the more power you are going to have in your life. How have you personally experienced that?

How do you quiet yourself, drop the distractions, and center on God? How would you advise someone to begin?

How do the people of God support you? How has the pandemic challenged you to find new ways to connect with people for mutual support?

What are warning signs that you are short-changing a relationship?

What is one of God's principles for living that is central in your foundation?

LOOK IT OVER <<<

Tolerance says there is no such thing as truth. But if there is no truth, nothing matters. Reflect and discuss.

Do you believe you have an outlet for your God-given talents and abilities? Share about how you use it.

The fact that you are alive means God has a plan for you. Do you believe you are living it out? What could you do to increase intentionality in your life?

Sadly, most people live and die without ever living out God's purpose for their lives. Reflect and discuss. Do you agree or disagree? Do people make it to heaven who do that?

Following Jesus as the center of your life makes everything else fall into place in your life. Do you have proof? Share.

The secret of life is getting to know God and getting connected with other believers. Why is just one part of that not enough?

NEXT STEPS

1. Intentionally evaluate how you are doing on each one of the five areas.
2. Set a regular time to intentionally “be still and know.”
3. Look for people with whom you can connect for mutual benefit.

EVALUATION/ACTION

Realizing and reaching your full potential in Christ

Bottom Line: Focusing on Jesus makes life better and makes us better at life.

Rate yourself from 1 to 10 1 (never), 10 (always)	1	2	3	4		6	7	8	9	10
Why did you give yourself this rating?										
What benefits will you obtain by raising your rating?										
Do you know someone who demonstrates this bottom line well? What do you admire about that person?										
What specific action can you put into practice to raise your rating?										
At the end of this week, reflect - where did you see the bottom line show up in your actions throughout the week?										

PRAYER

List group members and their prayer requests for this week:

DAILY STUDY

Want to dig deeper? Check out **The Daily** this week at newpointe.org/daily:

Monday: Isaiah 40:30-31

Tuesday: 1 Thessalonians 5:11

Wednesday: John 6:63

Thursday: Psalm 32:8

Friday: Acts 13:36

Don't let the conversation stop here. Keep talking it over with others throughout the week.

(Don't forget to bring this paper to your next small group meeting)