

DISCUSSION GUIDE

Find Your Five

Big Idea

Pastor Matt showed us this week how to change our lives through the Rule of Five. These five simple things done everyday add up to big change in our lives. When the world feels so uncertain, we must remain true to what we know is certain. So that, even as we get tossed by this thing or that, we can remain strong and focused with our “five”.

An intelligent person aims at wise action, but a fool starts off in many directions. Proverbs 17:24 (GNT)

First, start off by **finding your five**. What are those five simple things that you will do every day to make a difference in your life? After identifying them, you should begin to **prioritize your five**. Make them the priority of your day, because you know those five things will make the biggest impact. Make sure that you **enjoy your five**, too; these should be things that you either enjoy already or you learn to enjoy. **Fight for your five**, because we know that life sometimes gets in the way of our priorities. And over time, begin to **evaluate your five**, making changes as needed. Over time, you will begin to see big differences in your life, just from these five simple things.

Discussion Questions

1. Pastor Matt said, “In uncertain times we must lean into that which is certain”. What are some truths from God’s Word that we can trust are certain?
2. Discuss and share your possible “five”. How will implementing your five into your life change your life over time?
3. What do you need to do in order to prioritize your “five”?
4. How well do you rest? When is the last time you had a true sabbath? Can you make this a part of your weekly rhythm?

Prayer Focus

This weeks prayer focus is to seek God for the five simple actions that you can take everyday to make a big change in your life. Pray that God would reveal these to you, and help you to implement them into your life. May they bring honor and glory to Jesus, through your daily routine of them.

Next Steps

Have you ever wondered why you are on this planet? Find out who God has made you to be at The Weekender, this November 5th-6th. You can sign up to serve on the Rescue House app, from rescuehousechurch.org or at the Next Steps Center in our atrium.

Bible References

Jeremiah 6:6, Matthew 28:11, Matthew 6:34, Proverbs 17:24, Psalm 90:12, Hebrews 12:1-2,11, Philippians 3:13-14, Ephesians 1:19-20