

2022 Community Groups

WEEKLY GUIDE

June 19 – Community Guide

IMPORTANT NOTE FOR LEADERS

This will be our final Community Guide for the season. We will be taking a summer break and we hope you will too! The guide will be available when our Community Groups launch again in September. If your group wants to continue, we recommend focusing on the life of King David. The summer sermon series will draw attention to the life and legacy of this amazing king. You can find his story in 1 & 2 Samuel, 1 & 2 Chronicles and in many of the Psalms.

Introduction:

As we conclude the sermon series, First and Best: Making the Most of Every Opportunity we focus our attention on the responsibility to steward our energy in a way that brings our very best to God. Pastor Rick Warren says, “Energy management is even more important than time management. We all have the same amount of time but not the same energy.”

Community Prayer:

Lord, Open our hearts and minds as we consider how to use the energy you give us in a way that honors you. It is tempting to use up our energy on things that do not ultimately benefit us and we need your help as we seek to give you our very best. In Jesus’ name, Amen

Opening Questions:

“The clock is running.
Make the most of today.
Time waits for no man.
Yesterday is history.
Tomorrow is a mystery.
Today is a gift.
That’s why it’s called the present.”
~Alice Morse Earle

1. Which of these statements resonates most with you? Why?
2. Which, if any, of these statements causes anxiety? Why?

Exploration:

Over the last few weeks, we have learned about giving our First and Best to God: Making the Most of Every Opportunity in our time, our finances and now our energy. When we think about how much time we have, it is a fixed amount.



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We all have access to a clock, and we all have the same 24 hours each day. When we think about finances, we can keep track of what we have when we pay attention to our bank statement. But when it comes to energy, it is hard to determine just how much we have. However, it is an important resource that God gives us to use. So how can we grow in this area? Let's see what the Bible has to say.

Matthew 6:25-33

3. What stands out most to you from this passage? Explain why.
4. How often in your day do you worry or feel anxious? What do you worry about? How does that impact your energy level?

There are people who want you to be anxious about your life:

- News Outlets want to keep you coming back for more and more information.
- Advertisers need you to want something they are selling, always more!
- Drug Dealers hope you get hooked so that you don't think you can live without what they provide.

God doesn't want us to live in anxiety about what we have or what we wish we had. God gives us life that is so much more than seeking our own personal comfort, pleasure or superficial happiness. It is a life where we don't worry about those things, but instead we allow God to transform our hearts so that we live a life of true contentment. Rather than wasting our energy wishing for things, we trust that God gives us everything we need.

It is comforting to note that Jesus doesn't say, "STOP worrying, it's easy!" He tells us to give the things we worry about to him so that he can show us a better way to live.

5. What could you do to lessen anxiety and worry in your life?
6. How would your energy level change if you were successful in reducing worry?

One of Pastor Aaron's favorite quotes by Ruth Haley Barton is, "Truly the best thing any of us can bring to leadership is our own transforming selves." You may or may not think of yourself as a leader, but what if you inserted a word that described you in that quote?

Truly the best thing any of us can bring to _____ is our own transforming selves.



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You could insert the word, parenting, marriage, friendship, work... Consider what it would look like to bring your own transforming self into your every day life.

Christian Leader, Carey Nieuwhof speaks about our energy in the following way:

- Green Zone: 3-5 hour window each day when you are at your best
 - Yellow Zone: your energy is mid-level, not terrible, but not the best
 - Red Zone: your energy is at its lowest and you struggle to focus and get anything done
7. What would it look like to invest in relationships and tasks that are consistent with your gifting and passions when you are in the Green Zone; when you are at your very best?
 8. What would need to change in your life to make that happen?

As you read the following scriptures, listen for the common thread.

Ephesians 3:20
Philippians 2:12-13
2 Timothy 1:7

We must always keep in mind that it is God who does the work of transformation in our lives. It is our responsibility to make ourselves available to God and to listen and follow where he leads us.

Leader: Ask each person in your group to take a few quiet moments to think about how they used their energy in the last few days. Ask them to think about where they used their best energy this past week? If it was in things that were not in line with their passions, invite them to offer a prayer of repentance.

As you finish up your time in prayer, invite God to lead each person in a greater awareness of his gifts of time, finances and energy. Ask that God would help them use those gifts in ways that honor him and reflect the passion and calling he has given each of them.

The Takeaway:

God has given each of us the gifts of time, finances and energy.

We are called to use those gifts in ways that honor God.

God invites us to center our lives around him and to trust that when we follow him, he will provide everything we need.

