

## UPCOMING EVENTS:

### DISCOVER WESTBRIDGE - JAN 15th

*Want to learn more about WHY we do WHAT we do the WAY we do it? Come to "Discover Westbridge". Thursday, January 15th @ 6:30pm.*

*Scan the QR code to register!*

### WATER BAPTISM - MARCH 15th

*Follow the example of Jesus in Water Baptism. Join us on Sunday night, March 15th as we celebrate during our worship night.*

*Scan the QR code to register!*



## PERSONAL NOTES:

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## LIFE GROUPS:

### CHECK OUT A LIFE GROUP!

***LIFE GROUPS** are smaller groups of people who commit to meet together consistently for the purpose of growing relationally and spiritually.*

*Browse all the Life Groups option in the Westbridge Church App and sign up today!*

*Let us know if you have ANY questions!*



## MESSAGE NOTES

### The Good Life // Week 2

#### 1. Humans have a tendency to move the FINISH LINE.

*Everything is wearisome beyond description. No matter how much we see, we are never satisfied. No matter how much we hear, we are not content. **Ecclesiastes 1:8***

*Anything I wanted, I would take. I denied myself no pleasure... But as I looked at everything I had worked so hard to accomplish, it was all so meaningless, like chasing the wind. There was nothing really worthwhile anywhere. **Ecclesiastes 2:10-11***

#### 2. You can't fix an internal problem with an EXTERNAL solution.

*Now when Jesus saw the crowds, he went up on a mountainside and sat down. His disciples came to him, and he began to teach them. **Matthew 5:1-2***

*God blesses those who mourn, for they will be comforted. **Matthew 5:4***

#### Ways we tend to deal with pain or sadness:

#### 1. DENIAL 2. ISOLATION

#### 3. NUMBING 4. DWELLING

#### Keep coming to Jesus because:

#### 1. He UNDERSTANDS.

*This High Priest of ours [Jesus] understands our weaknesses... **Hebrews 4:15***

#### 2. He will MEET YOU where you are.

*Jesus wept. **John 11:35***

#### 3. He is HUMBLE and GENTLE.

*"Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light." **Matthew 11:28-30***

#### 4. He is WORKING.

*And we know that in all things God works for the GOOD of those who love him, who have been called according to his purpose. **Romans 8:28***

# LIFE GROUPS

## DISCUSSION GUIDE

*These questions are designed to help groups discuss the weekend teaching while building relationships with each other and growing in our faith!*

**Jan 8th / 11th, 2026**

1

### WARM UP

1. This talk mentioned how we tend to move the finish line. What's a "finish line" you once believed would finally make you happy?

2. Why do you think our culture struggles so much with sadness or mourning?

2

### KNOW IT

1. In **Ecclesiastes 1-2**, Solomon describes chasing pleasure, success, and meaning but still coming up empty. What stands out to you the most about Solomon's experience?

2. Read **Matthew 5:4**. Why do you think Jesus connects *mourning* with *blessing*? How does Jesus' definition of "blessing" differ from the way our culture defines happiness?

3. Read **Psalms 34:18** and **John 16:33**. What hope or encouragement do you find in these verses when you are facing sadness, pain, sorrow, or disappointment?

3

### SHARE IT

1. Which of the four common responses to sadness do you most identify with and why?

**Denial**

**Isolation**

**Numbing**

**Dwelling**

2. This talk discussed "*lament*" as being honest with God. Do you find it difficult to lament - to "pray what you got"? Why or why not?

3. How does knowing that **Jesus understands suffering** (*Hebrews 4:15*) change the way you approach God during difficult seasons?

4

### LIVE IT

1. What would it look like for you to "**keep coming to Jesus**" in this season of your life?

2. Is there an area of your life where you've been trying to "power through" instead of bringing it honestly to God?

3. How can this group be a place that helps fight isolation for one another?