

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:

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 1

*Then God looked over all he had made, and saw that it was very good. **Genesis 1:31***

*"Did God really say you must not eat the fruit from any of the trees in the garden?" "Of course we may eat fruit from the trees in the garden." the woman replied. "It's only the fruit from the tree in the middle of the garden that we are not allowed to eat. God said, 'You must not eat it or even touch it; if you do, you will die.'" "You won't die!" the serpent replied to the woman. "God knows that your eyes will be opened as soon as you eat it, and you will be like God, knowing both good and evil." **Genesis 3:1-5***

*When Adam sinned, sin entered the world. Adam's sin brought death, so death spread to everyone, for everyone sinned. **Romans 5:12***

The GOOD LIFE is RECEIVED, not achieved.

*God blesses those who are poor and realize their need for him, for the Kingdom of Heaven is theirs. **Matthew 5:3***

How to receive the GOOD LIFE:

1. Admit that I am BROKEN.

*When I refused to confess my sin, my body wasted away, and I groaned all day long. Day and night your hand of discipline was heavy on me. My strength evaporated like water in the summer heat. Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, "I will confess my rebellion to the Lord." And you forgave me! All my guilt is gone. **Psalms 32:3-5***

2. Admit that I cannot FIX MYSELF.

*If we claim we have no sin, we are only fooling ourselves and not living in the truth. But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness. **1 John 1:8-9***

3. Receive the gift of God's GRACE.

*When God our Savior revealed his kindness and love, he saved us, not because of the righteous things we had done, but because of his mercy. He washed away our sins, giving us a new birth and new life through the Holy Spirit. He generously poured out the Spirit upon us through Jesus Christ our Savior. Because of his grace he made us right in his sight and gave us confidence that we will inherit eternal life. **Titus 3:4-7***

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 4th, 2026

1

WARM UP

1. When you hear the phrase “the good life”, what images or idea immediately come to mind for you personally?

(What would go on your t-shirt design?)

2. Growing up, how did your family or culture define success or happiness? How has that shaped you?

2

KNOW IT

1. Read **Matthew 5:3**. What do you think Jesus meant by “poor in spirit”? How is that different from how the world defines strength or success?

2. In Genesis 3, the enemy exaggerates God’s restrictions. Where do you still see that same lie at work today?

3. Read **Psalms 32:3-5**. These verses connect unconfessed sin with emotional or even physical heaviness. Why do you think hiding brokenness is so exhausting?

4. Read **1 John 1:8-9**. How do these verses push back against the idea that we can “fix ourselves” or earn God’s approval?

3

SHARE IT

1. Are there times in which you’ve tried to create the good life on your own? What was the outcome?

2. Which is harder for you personally: Admitting that you’re broken, or admitting that you cannot fix yourself? Why?

3. Have you ever experienced freedom or relief after being honest with God (or others) about your brokenness? What changed?

4

LIVE IT

1. What would it look like this week for you to live more *poor in spirit* - more dependent on God?

2. Is there an area of your life where you’re still trying to fix yourself instead of receiving God’s grace?

3. As we start a new year, what is one prayer you want to pray regularly that reflects, “God, I need you”?