



# LIFEgroup

## **Really Live Week 1: No More Floating – September 7, 2025** **LIFEgroup Discussion Guide**

### **Icebreaker Question:**

*When you picture your ideal vacation, what elements matter most to you—rest, exploration, adventure, connection, or something else and why?*

### **LIFEgroup Lesson**

**I. OPEN SHARE** - What's one thing that stood out to you from the message?

**II. Discussion Questions**

1. Jake read Psalm 90:12 "Teach us to number our days, that we may gain a heart of wisdom". In your group read all of Psalm 90 out loud. What is your response?
2. The Greek word *zoe* refers to divine, eternal life—not just physical existence. In John 10:10, Jesus says, *"I have come that they may have life (zoe) and have it to the full."* When you think about this concept of *zoe* life, what does it mean to you personally, and how do you see it shaping or showing up in your daily life?
3. Jake spoke about the 'thieves of life'- pleasure, striving, and being right. Which of these do you find yourself relating to most in this season? What is one action you've taken or could take to reclaim your life from its influence?
4. In John 1:38 NIV Jesus asked, "what do you want?" In many translations this verse reads "what do you seek?" The same word, *zeteo*, is used several other times in scripture including in Matthew 7:7 "...seek and you will find..." How would you answer Jesus' question?
5. Jake disclosed that over the next year we will be exploring and unpacking 3 big questions:
  - 1) What is life to the full?
  - 2) How do we build it?
  - 3) How do we give it away?Discuss with group. Also, challenge yourself to write out your personal answers and keep in a safe place (perhaps notes on your phone) in order to revisit and compare the depth of your understanding at a later date.