

Get Your Life Back

WEEK 1 – GET YOUR LIFE BACK - Part 1

BIG IDEA:

Our lives are unsustainable, our pace relentless. We never give our minds a break, our hearts time to heal, or our emotions time to recover. The people that really matter to us never get our full attention. Moments are being lost because our lives are moving too fast.

KEY VERSE:

Ecclesiastes 2:22-23 - What does a man get for all the toil and anxious striving with which he labors under the sun? All his days his work is pain and grief; even at night his mind does not rest...

Romans 12:2 - Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

DISCUSSION QUESTIONS:

1. What unhealthiness has been exposed in your life during this season?
2. What brings you joy? What are you doing to prioritize those things?

Key Point #1: What is a soul and why does it matter?

3. What is the condition of your soul? What are the warning signs that your soul is unwell?
4. What does it look like to care for your soul? Is this difficult for you? Why or why not?

Key Point #2: We are not a body with a soul. We are a soul with a body.

5. Are you happy most of the time? How often do you feel lighthearted? Do you feel deeply loved? What was the last time you felt carefree?
6. What does it mean to renew your mind?

MOVING FORWARD:

It's time for us to get our lives back, It's time for some soul care; to let God do the work of rebuilding us from the inside out. Discuss as a group the changes you need to make in your life in order to allow God to renew your soul and bring you to a healthier place.