



WESTMARK
CHURCH

Group Guide

Week of 7/6/25

Prayer Guide: Use the content from these prompts to launch into your own prayer
Praying together is powerful!

1. **Ask God to reveal where you're escaping instead of engaging.**
Invite Him to show you the habits, distractions, or thought patterns you're using to avoid reality.
2. **Confess ways you've sought pleasure apart from Him.**
Acknowledge where you've turned to comfort, entertainment, or achievement as false saviors.
3. **Thank Jesus for defeating death and offering real life.**
Respond with gratitude for the gospel and the hope that anchors you beyond life's meaninglessness.
4. **Pray for the courage to face suffering with faith instead of avoidance.**
Ask God for strength to walk through hard things with Him instead of numbing out.
5. **Invite God to help you enjoy life *with* Him, not *apart* from Him.**
Ask for a renewed vision of pleasure and joy as tools for worship.
6. **Ask God to help you live honestly in a world that feels unjust.**
Bring your frustration with evil and injustice to Him and trust His timing and judgment.
7. **Pray for renewed purpose in your daily work and responsibilities.**
Ask God to help you see your job, chores, and calling as sacred, not meaningless.
8. **Lift up your fear of death and ask God to replace it with resurrection hope.**
Name the fears and receive His promise of eternal life and security.
9. **Confess your attempts to control life instead of trusting God's hands.**
Surrender your plans, outcomes, and anxieties to His wisdom and goodness.
10. **Commit to walking more closely with Jesus this week.**
Invite Him to fill your life with meaning, joy, and presence in specific areas of your life.



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Group Questions

1. **What does escapism look like in your life?**
Are there particular habits or routines you turn to when life feels overwhelming?
2. **Why do you think it's easier to numb or distract ourselves than to face pain and brokenness directly?**
What fears or beliefs might drive that choice?
3. **The preacher in Ecclesiastes says, "Life is worth escaping." In what ways do you resonate with that?**
What parts of life feel most discouraging, unjust, or meaningless?
4. **The text describes the wicked getting what the righteous deserve. How do you process the unfairness of life in a way that leads you *toward* God instead of away from Him?**
5. **What are some common "philosophies of escape" in our culture today?**
Which ones have you tried to live by, even subconsciously?
6. **When has pleasure or distraction ever left you emptier than before?**
What did you learn from that experience?
7. **The preacher says, "There are no answers, no hope, no real escape." How is the gospel different from that conclusion?**
Where do you see Jesus offering something radically different?
8. **Psalm 16 says, "You fill me with joy in your presence." What does it look like to enjoy life *with* God instead of trying to escape parts of life?**
What's one area where you're currently trying to enjoy life *without* God?
9. **How does your view of death shape the way you live today?**
Are you living like someone who has hope beyond the grave?
10. **Jesus didn't defeat death so we could escape life—he did it so we could enjoy life. What does that truth practically change for you this week?**
What's one mindset or habit that needs to shift?
11. **Is there an area of your life right now where you feel God inviting you into *more*—more joy, more purpose, more courage to engage?**
What's holding you back?
12. **How can we as a group help one another not to escape, but to live fully in the hope and joy of life with Jesus?**
What kind of community rhythms or encouragements would help?