

Week 1 - "Four Words to Change Your Life"
Pastor Kyle Plew
Group Discussion Guide

ENOUGH.

In culture, we are told we do not have enough. In Jesus, we are told we lack nothing.

READ: Psalm 23:1-6

The Lord is my shepherd, I lack nothing.
He makes me lie down in green pastures,
he leads me beside quiet waters,
he refreshes my soul.
He guides me along the right paths
for his name's sake.
Even though I walk
through the darkest valley,
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.

You prepare a table before me
in the presence of my enemies.
You anoint my head with oil;
my cup overflows.
Surely your goodness and love will follow me
all the days of my life,
and I will dwell in the house of the Lord
forever.

RESPOND

1. Is there anything you believe you don't have enough of? If you had it, how would it change things?
2. Do you do too much? Can you tell if you're spreading yourself too thin?
3. With Jesus, there are always more "fills" and less "drains". Have you experienced this to be true? In what ways?
4. If God is a big, old faucet, are you hooked up to him? If so, how do you let him fill your bucket during the week? If not, what is something you could try to connect with him?

REALITY

Jesus is enough. No matter how draining the situation, Jesus fills us.

DO THE STUFF: When You Feel like You Have Less than Enough

Say these words: *Jesus is enough.*

Think this thought: *Even when I feel drained, Jesus can fill me.*

Pray this verse: "He leads me beside still waters, he restores my soul."