



# FULL

How to avoid living  
your life on empty

## SERMON DISCUSSION GUIDE WEEK 4

### QUESTION OF THE WEEK

What have you 'hotly pursued' in the past that has caused trouble in your life or relationships?

*How would you answer this question?*

### QUOTE OF THE WEEK

"What we really want lurks in a realm we rarely explore." - Pastor Kyle

*What is your response to this quote?*

*Read  
James 4:2-3*

When we ask God for things that He knows will not bring us contentment, he says "no".

What is something you've asked for and not received that you can thank God for?



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SERMON DISCUSSION GUIDE WEEK 1

**SPEAK TRUTH OVER EACH OTHER**

*Have someone  
read this verse  
out loud.*

Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. Humble yourselves before the Lord, and he will lift you up.

**James 4:7-10**

**PROMISED INHERITANCE**

Also Read:  
Zechariah 1:3  
1 Peter 5:5

We do not often grieve our own sin and stubbornness. Culturally, we avoid it because it makes us feel bad. However, humility is irresistible to God. If we are 'hotly pursuing' anything other than God, take time to talk that through together.



**What do you think it means to humble yourself?  
What does God promise to do if we do that?**