

# Thank God

Creating Space  
for What Really Matters

WEEK 1

## ONE-MINUTE RECAP

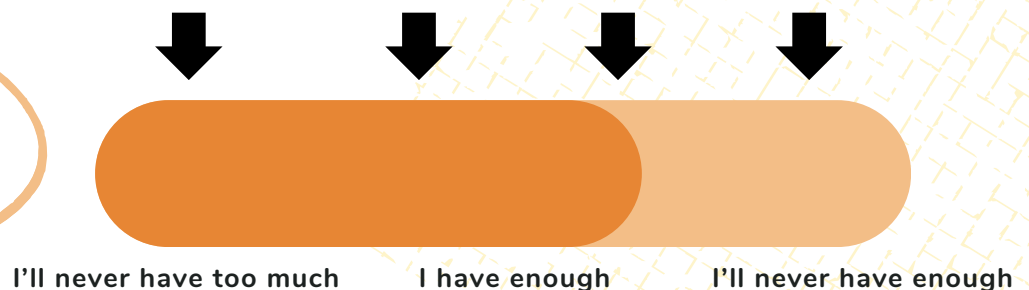
We live in an “upgrade everything” world. We see stuff every day that we didn’t know we needed. This constant nudge to compare ourselves to other people’s lives can get us into a cycle of wanting and getting that leaves us emptier than when we began. However, what matters most to you in life? Creating space to define and then re-organize our lives to reflect that can significantly increase our satisfaction and contentment in life.

## THANK GOD - ICEBREAKER

- If you had a year to live, what would you do with your time, money, and ability? Why?

## WHAT SIDE ARE YOU ON?

When it comes to over-achieving or throwing your hands up in the air and giving up, where would you plot yourself on this spectrum? Come on now, be honest.



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## LEARN

### ←→ READ ECCLESIASTES OUTLOUD

“And I saw that all toil and all achievement spring from one person’s envy of another. This, too is meaningless, a chasing after the wind.

Fools fold their hands  
and ruin themselves.

Better one handful with tranquillity  
than two handfuls with toil.  
and chasing after the wind.” | Ec 4:4–6

### Q + A

- How would you describe ‘toil’? Do you think this means work or something else?
- What does ‘chasing after the wind mean’ to you?
- Do you think Solomon is right in his assessment of achievement?
- Do you struggle with envy? Why or why not?

### HOW DOES IT STACK UP?

Read Colossians 3:23–24.

- Paul encourages us to work hard in order to serve God. What differences do you see between toil and this kind of effort?

←→  
Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ.

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## FOLLOW

### PRACTICE CONTENTMENT

What you'll need:

- Piece of paper
- Pens
- Timer for 5 minutes
- Trash can

### REFLECT

- Write down 2-3 things that you see other people having that you wish you had.
- What do those things represent to you?
- Why do you feel those things are essential to living a full and satisfied life?

### RELEASE

- Read your list out loud and say this phrase afterwards:

“God is able to bless **(your name)** abundantly, so that in all things at all times, having all that I need, I will abound in every good work. (2 Co 9:8)

### ACTION

- Throw those “envy” triggers in the trash can.

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## ENGAGE

### COMMUNITY | PICK A CAUSE

Week 1 of a new series is an excellent time to pick a cause you will ENGAGE with.

Check out our app for new ideas and ways to get involved in our community. Click the image below to be directed to our app.

### L.I.F.E. GROUPS | PICK A NAME

- If you have yet to serve each other in the Group, put all the names in the room in a bowl. Have each of you draw out a name.
- This week, make it a point to pray 2 Cor. 9:8 over their name as a blessing every morning.

