



## *Part 1: How To Lead A Fulfilling Life*

### **Big Idea**

The hope of Jesus enables us to reframe what we cannot control.

### **Key Scriptures**

Philippians 1:12-27

John 10:10

### **Discussion Questions**

- What is a moment recently where you caught yourself thinking 'this is living'?
- Why do you think fulfillment feels so elusive, even for people who seem to have everything going for them?
- During the message we explored five ways life can feel less than full: striving for more, surviving through hard, searching for meaning, stuck in monotony, settling for less. If you had to pick the one most familiar to you right now, which would it be?
- What stood out to you most from the message this week?

### **Read Philippians 1:12-21**

- What strikes you about Paul's attitude from prison? What do you think your attitude would be in his situation?
- Paul says 'for me, to live is Christ and to die is gain.' What do you think that actually means for how he went through each day?
- During the message it was said 'we will experience loss, but because of Jesus, we can't lose.' What is the difference between experiencing loss and ultimately losing? How does that land with you?
- Think about something in your life right now that you cannot control. Has it been controlling your mood, your peace, your joy more than you would like? What does that look like?

- The message offered three reframing questions: 'How could God work through this?', 'What could God teach me in this?', and 'Who might I be able to reach because of this?' Which one feels most relevant to where you are right now? (If you are exploring faith, the alternative versions are: 'What good could come from this, even if I cannot see it yet?', 'What is this revealing about me?', or 'Who can I now relate to that I could not before?')

### **Moving Forward**

This week, name one thing you cannot control that has been controlling you (your peace, your joy, your mood). Then sit with just one of the three questions Chris gave: 'How could God work through this?', 'What is this revealing about me?', or 'Who can I now sit with that I never could have before?' You do not need an answer yet. Just ask the question honestly, and if you follow Jesus, bring it to him in prayer. The invitation of this message is not to fix your circumstances. It is to change the lens.