

Session 4

THE SECRET OF LIFE

OPENING PRAYER

Loving Father,

Open our hearts and minds and allow us to slow down to the speed of joy. Show us what is possible and fill us with the grace, strength, and wisdom to live out all the good things we explore here together. Send your Spirit upon us so that we can discover your dream for us to become the-best-versions-of ourselves and have the clarity to see that busy is not our friend. We ask you to bless in a special way the anxious, the overwhelmed, the restless, and the discouraged. Remind us of our need to slow down and inspire us to be filled with profound gratitude and true rest. We ask all this through your Son, Jesus. Amen.

DISCUSSION QUESTIONS

1. We are getting close to the end of our journey. How is slowing down to the speed of joy going for you?
2. What's the best thing that's happened to you today?
3. What is bringing you joy during this season of your life?
4. Take a moment to think about the people who have helped you to pursue your dreams. How have they inspired you?
5. Our greatest ability is our availability. What are some ways you can be available to others and God this week?
6. A keystone decision is a single decision that is made today but has a compounding effect in the future. What is a good keystone decision you have made in the past month?
7. Gratitude is the path that leads to contentment. What are five things that you are grateful for today?

CLOSING PRAYER

Jesus, Thank you for giving us the gift of our hopes and dreams. Help us to use those desires to become the-best-versions-of-ourselves and follow your plan for our lives. Open

our eyes to the opportunities to love others in small ways and open our hearts to be more available to God. Amen.

THIS WEEK'S HOLY MOMENT CHALLENGE

Express your appreciation for someone this week. Go out of your way to make them feel deeply appreciated.

Adoration Reflections:

“Do not conform yourselves to this age but be transformed by the renewal of your mind, that you may discern what is the will of God, what is good and pleasing and perfect.”
(Romans 12:2)

“And whatever you do, in word or in deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.” (Colossians 3:17)

“You are the salt of the earth. But if salt loses its taste, with what can it be seasoned? It is no longer good for anything but to be thrown out and trampled underfoot. You are the light of the world. A city set on a mountain cannot be hidden. Nor do they light a lamp and then put it under a bushel basket; it is set on a lampstand, where it gives light to all in the house. Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father.” (Matthew 5:13–16)