

# SMALL GROUP DISCUSSION GUIDE

The Good Life - Week 4



## CONNECT

Spend some time checking in. What are highs and lows since you last met? How can your group members pray for and support each other this week?

## GROW

How would people in your life finish this sentence: "He/She is always doing \_\_\_\_\_. " What would make them say that?

In our world of self-promoters, what could you imagine as an alternative?

When have you experienced joy from caring for others?

When have you benefited from others caring for you?

How do we know when putting others first is based out of control or the need for approval?

When have you said a simple "yes" that made an unexpected difference in someone's life?

What's a healthy way for you to practice self-care *and* to care for others as Jesus taught us?

## BIBLE

Read Matthew 16:21-26. What do you notice?

## PRAY

Gracious God, life was never meant to be lonely, hurried, and anxious. Guide us to live the good life you invite us into. In your son's name, Amen.

