



## Measure Up | October 26, 2016

### Discussion Guide

#### The Scoop

Life is like a chocolate fountain...when we pour into the lives of others, they do the same, and so on and so on making our life full enough to continue to pour out.

#### Key Verse

**Matthew 16:24-25**

*Follow me and I'll show you how. Self-help is no help at all. Self-sacrifice is the way, my way, to finding yourself, your true self.*

#### Discussion

Most of us wonder at some point in our lives whether or not we are living a meaningful life. We search for meaning while guessing at what to use as a measuring stick.

1. What things do you think people use as a measure of meaning in life?
2. Are there any different measurements that you use to measure value and meaning?

Some of us worry that we aren't doing enough faith-based things to experience the abundant life Jesus promises. If we are not feeling like we are experiencing life to it's fullest extent, we often assume it's the because we have done something wrong or that we doing enough god related things...like praying enough, worshipping enough, or churching enough.

3. Have you ever felt like you don't measure up in life? In faith?
4. What are the typical things Christians and the Church use to measure value and life meaning?

Sometimes Christians act as if ultimate meaning would come from more time with Christians, more time without non-Christians, and all-day, everyday church. This line of thinking is ME-centered, and any attempt at these things leaves us feeling lackluster. Jesus suggests in Matthew 16:24-25 that the key to meaning in this life is not ME-centered, but rather OTHER-centered. The measuring stick Jesus uses is our propensity and ability to give ourselves away.

5. What faith-based things do you do that are ME-centered?
6. What might some examples of OTHER-centered life choices be?

#### What's Next?

This discussion is certainly not suggesting you stop praying, worshipping, and going to church. However, if your natural instinct for achieving meaning in this life is to do more soul searching, more spiritual stuff, and more begging of God for meaning, He has given us the answer. You will find your true self when you give yourself away.

This week as you seek meaning, look for ways you can give of your time, give of your resources, go beyond what you are currently doing to experience life in abundance. Like a chocolate fountain, when you pour out, others pour out, and in turn you get filled back up.