



## Come Matter Here: Deep Work| July 22, 2020

### Discussion Guide

#### The Scoop

A lot of times when we think about getting the most out of our life, we want to find the checklist so that we can go do that and end up where we want to be. In reality, this scenario just doesn't work. Let's take a deeper look!

#### Key Verses

**Luke 18:14-19**

*Jesus commented, "This tax man, not the other, went home made right with God. If you walk around with your nose in the air, you're going to end up flat on your face, but if you're content to be simply yourself, you will become more than yourself."*

#### Discussion

It's so easy to jump into something new and be dedicated for a month or two, but come month three, we move on to something else. Most of the time we expect the what we do to fill the meaningful part of why we do it. When one thing doesn't add up to more meaning, we quickly swap it out for another. We tend to engage our faith the same way. We want to do more stuff so we focus on the "what" without focusing on the "why."

1. Are there any specific areas of your life where you start something with a bunch of energy and then fade over time?
2. What things have you tried to do to get more connected to God or experience more meaning in life?

In her book, "Come Matter Here," Hannah Brencher challenges us to dig deeper. Training and coaching collaborative AG Collaborative refers to this as "Deep Work." Most of us want more tools in the tool box of life and more tasks to accomplish believing that these will add up to the sum of meaning we desire. Hannah's book goes against this desire for quick fixes and aligns well with biblical principles of deeper spiritual work beyond the methods and practices. She suggests that "WHY?" is the most important question we can ask.

3. Can you think of any life habits or decisions that would benefit from exploring "why" you are doing something rather than "what you are doing?"
4. What do you think "Deep Work" means in your life right now?

In the Bible, Luke: 18:9-19 tells a story to some people who were overly pleased with themselves based on "what" they had done. The very religious Pharisee in the story braggingly prays to God about all he has done to be good while the tax collector humbly submits that he is imperfect, but desires to be closer to God. Jesus finishes the story with, *"This tax man, not the other, went home made right with God. If you walk around with your nose in the air, you're going to end up flat on your face, but if you're content to be simply yourself, you will become more than yourself."* This contentment connected to purpose and core beliefs leads to deep work and thus deep meaning.

5. Have you ever explored your core beliefs and life's purpose? How might you describe them?
6. How might your actions (what you do) align with your beliefs and purpose (why you do)?

#### What's Next?

This week in your faith, focus on your core beliefs and purpose. Spend the extra time doing this "Deep Work." Then as you plan for more or plan what's next, your what will be influenced by your why for more lasting impact.

\*\*\*You can find a template of our 5-minute faith journal at [faithinfive.com](http://faithinfive.com) to further engage your goals and connect them with your faith.\*\*\*