



Designing Life: Find The Need | February 6, 2019

Discussion Guide

The Scoop

What if the secret to finding out what we are created to do is not looking internally, it's actually looking outside, around us, and into the lives of others? Read below to hear more.

Key Verses

Psalm 119:73-74 (NIV)

"Your hands made me and formed me; give me understanding to learn your commands. May those who fear you rejoice when they see me, for I have put my hope in your word."

Discussion

If you've ever been long-distance backpacking, you know how quickly the pain, blisters, and exhaustion set in. Sometimes, you wake up not wanting to confront the path ahead of you, but have no choice because you're already days into the wilderness. You simply have to keep going. If your backpacking experience included a guide, you probably saw true humility, potentially without even knowing it. A guide might have the worse blisters of the entire group, but choose not to complain and instead focus on the needs of the rest of the group.

1. Have you ever been backpacking? Do you relate to feeling so distracted by your pain that you aren't able to focus on anything or anyone else?
2. Have you seen someone exhibit humility by focusing on the needs of others instead of their own? Describe the person and situation.

Similar to the way a backpacking guide focuses on the needs of the rest of the group instead of his/her own, if we are experiencing pain and difficulty in life, but choose to direct our focus to the pain and difficulty of others, our burden becomes a little lighter. Often times we stress about doing what God wants us to do, or figuring out what is being asked of us. But what if the secret to figuring out God's plan is looking externally instead – towards the needs of others, instead of focusing on ourselves?

3. Describe a time you focused on someone else's need and felt the burden of your own need get lighter. Why do you think this happened?
4. Do you tend to obsess over figuring out what God wants from you? Do you look internally as you attempt to answer this question most of the time? Explain.

In Psalm 119:73-74, the writer acknowledges being created by God and asks for a deeper understanding of His commands. As Christ followers, we can relate. We continually ask how we can better align ourselves with what God is asking of us. This is typically where we focus on looking internally. But in the next line, the writer encourages us to look externally by suggesting that others who don't know God, can see and experience Him through our hope in His word.

5. Why do you think God asks us to consider the needs of others? What does it do to us and to our hearts?
6. How does God use our focus on others to turn them towards Him? Why are people attracted to someone who considers others above themselves?

What's Next?

In design thinking, the worst thing you can do for your product is continue to look internally and focus on the limitations and problems right in front of you. Design thinking encourages us to look outward, at the needs and problems in the world, to figure out how to move forward. We ask, "What is the world asking for, and how does my product fit that need?"

This week, as you live out your faith, take a step into your normal life. Look around at the people next to you and their needs. Instead of getting hyper focused on your own needs, find someone else with a similar need and reach out to serve them. Open your eyes to the needs that are around you, and take one bold step to fill one of those needs.