



Designing Life: Choosing Abundance | February 13, 2019

Discussion Guide

The Scoop

Have you ever wondered why some people are just so happy? Often times they say, “Just choose to be happy.” Can it really be that simple?

Key Verses

Ephesians 3:20-21 (NIV)

“Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.”

Discussion

We all have those friends that are just *always happy*. No matter what’s going on in their lives or what they are going through, they seem to radiate endless joy. They are the ones who smile and laugh at 5 AM, before they’ve even had their coffee. The rest of us can quickly become skeptical. How can they really be that happy, all the time? As much as we’d like to believe we can just choose to be happy all the time, the secret that these people have figured out is actually a mindset shift from looking through a lens of scarcity to abundance.

1. Describe one of these people in your life? Are they inspiring or frustrating to you? Explain.
2. Where do you think these people find the energy to be happy all the time? Do you find yourself being skeptical that being happy all the time is possible?

The interesting thing about design thinking is that it always assumes that there is an upside – a solution to new or existing problems – if we can just keep asking the right questions and moving forward. It’s abundance thinking. Most of us, however, live with a scarcity mentality without even knowing it. Even when things are good, we worry about when they’re going to take a turn for the worse. Abundance mentality presumes that everything is still good (even when it’s not perfect), and it can only get better. It is believing that no matter what happens in our lives, we get to take a better version of ourselves into the next step of the journey every single day.

3. What is one area of your life that you think you are viewing through a lens of scarcity? What is one area you are viewing through a lens of abundance?
4. How might viewing your whole life through a lens of abundance change your joy and motivation? Does this sound easy or hard to you?

In Ephesians 3: 20-21, God asks us to have an abundance mentality with our faith as well. The verses proclaim that there is nothing He can’t give us. There is nothing too big or too difficult for Him to overcome or accomplish on our behalf. And to make it even better, He promises that He can do things that are beyond even what we can imagine! So instead of letting our scarcity mentality steal our joy and happiness, the Bible suggests a different way – trusting that God will come through, no matter the circumstance.

5. What is one time or situation in your life where you’ve seen God provide more than you could ever have imagined? Did it surprise you?
6. Why might God ask us to live out our faith with an abundance mentality? Why should it give us great hope that God is capable of anything?

What’s Next?

Instead of simply choosing to be happy, what if we focused on shifting our mindset from scarcity to an abundance mentality? When we look at life, consider it better than we could ever imagine even in the midst of challenging and heart-breaking circumstances. When we focus on what we have learned in and through hard situations, we are able to take that growth with us as we become better versions of ourselves every day.

This week, as you live out your faith, trust that God can do more than your wildest dreams. Look into your life and consider where you may be able to view it through a lens of abundance instead of scarcity. Consider how you might be a light for others traveling through hard circumstances, as you choose an abundance mentality.