



Designing Life: True North | January 9, 2019

Discussion Guide

The Scoop

Life is a journey, not a destination. Cliché... but if we apply that concept to our life with design thinking, it could change everything.

Key Verses

Psalm 119:105 (NIV)

"Your word is a lamp for my feet, a light on my path."

Discussion

Before Colgate invented the stand-up tube of toothpaste, they went on a little bit of a journey. They actually watched someone brush their teeth, step-by-step, to uncover the normal frustrations and annoyances. The mundane activities in our lives are actually the hardest to uncover frustrations for, sometimes, because we are so used to our routine that we don't even really pay attention to what bothers us. We don't even know it's a problem because we are so used to putting up with it.

1. What is a normal activity in your life that you might be frustrated by without even knowing it? Why do you think you put up with that frustration?
2. Why do you think watching the step-by-step process helped uncover the problems in a mundane task?

This concept of "going through a journey" to solve problems is actually called "Journey Mapping." And as we design our lives, and improve in the areas of work, play, health, love and faith, it could help us to apply this same method. When we ask ourselves questions like, "What do I do on a daily basis," and "How do I spend my time," we uncover patterns of how we are performing in those areas, often things we may forget because they are so routine.

3. Think about your life on a day-to-day basis. What are a few things you do every day that have become patterns, good or bad, for you?
4. Why do you think journey mapping can help us to uncover areas we need to grow or are growing? What is it about thinking specifically about the things we do every day that might allow us to see our lives from a new perspective?

Psalm 119:105 says that God's word is a lamp for our feet and a light on our path. If this becomes our mantra for life, then we are able to look at everything we do in life, step-by-step, and evaluate it by asking if God is part of it. We can ask ourselves, "Is He lighting my path in this area of my life?" Instead of thinking immediately of the solution, or where we want to be, we can take life one step at a time, knowing that if we've surrendered to Jesus, He is walking before us every day.

5. Do you feel like you live this verse out on a day-to-day basis, allowing God's word to be a lamp to your feet? Why or why not?
6. Why is this verse comforting as we think about where we'd like to be or end up many years from now?

What's Next?

Because we're constantly on the go, combined with our natural belief that we should already have it figured out, many of us feel like we are spinning our wheels when we think about "growth" in any category of our lives. We feel stuck because we just want to find the solution, instead of looking at the journey step-by-step.

This week, as you live out your faith, after you've examined where you're at with work, health, play, love and faith, identify the next step in the journey for each of them. What can you change? How can you include God in some of those things to do life differently than the mundane way you've been doing things for a long time?