



Designing Life: Thinking | January 23, 2019

Discussion Guide

The Scoop

Options create opportunity, opportunity creates energy, and energy is life-giving. If you want to hear more about how you can create this cycle in your life, read more below.

Key Verses

Philippians 2:13-14 (NIV)

"Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling, for it is God who works in you to will and to act in order to fulfill his good purpose. Do everything without grumbling or arguing."

Discussion

Tons of restaurants and breweries are capitalizing on a new trend, called flights. There are beer flights, pizza flights, and even ice cream flights! The benefit of these flights is that instead of having to choose just one option, you get to try a little bit of several. And while that concept excites us, in life, however, it seems like we are always trying to do the opposite. We force ourselves into less and less options, until we're focused on what we think is the single "right" one.

1. Does the concept of a "flight" sound exciting to you? Why or why not?
2. Why do you think we do the opposite in our lives; limit our options and focus on finding the "only" right one?

When we apply the concept of Design Thinking into our lives, it forces us to consider many different options instead of limiting ourselves to finding the "right" or "perfect" one. Considering all the options is not the easiest thing to do. Many of us feel overwhelmed when we have too many options to choose from, and simply want to throw in the towel. But the reality is that having more options, even if you don't act on them, gives you a higher likelihood of finding the best option. So instead of treating life like a treasure hunt, we should think about it more like an Easter egg hunt, where when we find one option, that means that there are plenty more to consider.

3. When was the last time you felt overwhelmed by having too many options? Describe your experience.
4. Do you treat life more like an Easter egg hunt or like a treasure hunt? Explain.

Philippians 2:13-14 reminds us to be energetic in our life of salvation; to be reverent and sensitive to the ways He is working. God himself works within us, and gives us access to his boundless supply of energy. So although we think we would get overwhelmed by more options in life, the truth is that more options bring more opportunities. And in the long run, when we partner with God in all areas of our lives, more opportunities create life-giving energy within us.

5. Describe a time where having more options gave you life-giving energy. Why do you think this happened?
6. Have you experienced the boundless energy that comes from living life alongside God? Explain.

What's Next?

When we apply this concept of considering all the options, like that of a flight, to the different areas of our lives, it can create more and more life-giving energy within us. When we think about how we can "mix it up" with our work, play, faith, love and health routines, we can feel re-energized and refreshed instead of simply putting up with our normal routine.

This week, as you live out your faith, look for more options and different ways to expand your horizons. Bring God into those options and experience the boundless energy He is excited to give you.