



## Designing Life: Start | January 2, 2019

### Discussion Guide

#### The Scoop

Do you ever wish that you were better? Do you want to have it all figured out? We all battle those desires, but what if they weren't actually the goal of life?

#### Key Verses

##### Ephesians 4:22-24 (NIV)

*You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness*

*and holiness."*

#### Discussion

Recent studies on leadership show that creativity and innovation are the most desirable traits of a leader. Companies are responding to this by thinking about how to nurture creative spaces and provide opportunities for innovation. As companies are asking questions like, "How do good ideas happen?" they are using design thinking to solve problems. This solution-based problem solving approach can help us think about where and how we need to grow and improve in different areas of our life, as well.

1. Why do you think creativity and innovation are so important in leadership? Have you seen these traits displayed in great leaders you know?
2. How might we apply a solution-based problem solving approach to our lives? How might it help us think about personal growth?

In the book, *Designing Your Life*, a former Apple and EA engineer apply the concept of design thinking to our lives. They think about creative solution-based problem solving as it relates to different categories: work, love, play, and health. As we head into the new year, and as we set goals and evaluate where we're at in those categories, we also need to think about how to integrate faith as well. Even though many of us get frustrated that we don't have it all together already, design thinking is an ongoing process. We don't have to be perfect in every area.

3. Do you feel like your faith is integrated into every category of your life? Why or why not?
4. Are you frustrated that you're not where you want to be in one of the categories? Does it make you relieved to know that growth is an ongoing process?

The Bible tells us that we should always be looking for ways that we can become more holy. It's not just a one-time thing; it's a continuous process. In Ephesians 4:22-24, we are told that as Christians, we are to clothe ourselves with a new attitude, righteous and holy, like God. Other scriptures remind us to choose to put on things like kindness and love every day.

5. What do you think it means to become more holy?
6. Do you actively choose to put on things like a new attitude, kindness and love every day? Why or why not?

#### What's Next?

Before we jump to the solution, we need to understand exactly where we are. Think about your life in terms of work, play, health, love and faith. Where are you at in all of those categories? Rate each of them from 1-10. Anything that's less than where you want it to be is actually good news, because you can come up with and apply a solution to grow.

This week, as you live out your faith, invite God into your evaluations. He wants to be there alongside you as you grow and mature as a follower of Jesus. The fact that we need to grow is not the problem; it's the goal. Ask Jesus for wisdom as you start to brainstorm how to grow in each of the categories.