



Designing Life: The Journey | January 16, 2019

Discussion Guide

The Scoop

What if I told you that there was a cipher, or a decoder, to uncover the secret path to your life? Could it really be that easy?

Key Verses

Ephesians 1:17-23 (NIV)

"I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. I pray that the eyes of your heart may be enlightened in order that you may know the hope to

which he has called you, the riches of his glorious inheritance in his holy people, and his incomparably great power for us who believe. That power is the same as the mighty strength he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms, far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age but also in the one to come. And God placed all things under his feet and appointed him to be head over everything for the church, which is his body, the fullness of him who fills everything in every way."

Discussion

There are two types of people in the world... those who enjoy skiing down a well-traveled path and those who prefer going where no one has skied before. Some prefer fresh snow, untouched and pristine. While others prefer the comfort of skiing where others have already groomed a path. And just like the different ways we approach skiing, we also approach life in different ways as well. We want different things out of life than other people, but yet, we continue to look at other people's lives and believe that they're doing it the only right way.

1. Do you prefer the well-traveled path or going where no one else has been? Why? What do you think this says about your personality?
2. Why do you think we have the tendency to look at other people's lives and evaluate our own based on what we see others doing, achieving, etc.?

Instead of getting caught in the comparison trap, there's actually a way to figure out how to build your best life, for you. Design thinking causes us to look at our own path, not what everyone else is doing. Unfortunately, there's not a GPS to tell us if we're traveling the exact path we should be. But there are certain gauges we can look at to figure out if we are going the right direction. The first gauge is engagement. We can ask ourselves, "Is this something I am really interested in?" The second gauge is energy. Does it cost us or give us energy to do something? The last "warning light" we can pay attention to is flow. If we can work tirelessly at something without it actually feeling like work, and more like play, than we know we are operating in flow.

3. Evaluate one area of your life (career, hobby, relationship, etc.) using the gauge of engagement. Is it something you're really interested in? Do you find yourself pouring into it more? Explain.
4. Evaluate the same area of your life using the gauge of energy. Is it draining your energy or giving you energy? Explain.

Ephesians 1:17-23 is a prayer that asks God for wisdom and help in seeing Him more clearly. It offers hope that in seeing Him more clearly, we may be able to pay attention to where He is shining a light on our path. It allows us to see both what He is doing in our lives as well as what He is calling us to. When we focus our eyes on Him, first and foremost, as well as pay attention to the gauges of engagement, energy and flow, we can be more confident that we are traveling in the right direction, or figure out when it's time to pivot.

5. In what area of your life (if any) are you operating in flow? What feels most like "play" in your life?
6. Why do you think focusing our eyes on God and seeing Him clearly gives us insight into our own lives and the direction we are traveling?

What's Next?

As Christ followers, we get the privilege of living into God's extravagant work in us. We can experience endless energy and boundless strength when we rely on Him. We are never going to get all the answers in life, but if we pay attention to these decoders: engagement, energy and flow, we can start to see if we are traveling in the right direction. And if not, we can understand when it's time to pivot.

This week, as you live out your faith and connect with God, look for the places that He is lighting up, where He is giving you energy and excitement, as you design your best life alongside of God.