

In Light of the End – Week 6 – When the Ordinary is a Gift

To start your group time, take a few minutes to be still and present. Lead through a somatic exercise. (It might be good if you as the leader do this alone beforehand so that you will be more comfortable leading the others as you also do it.) Have them put both feet on the floor and pay attention to the contact points of their foot to the floor. Have them gently shift their weight forward and backward then side to side. Invite them to close their eyes, inhale, and allow their attention to start at the top of their head and fall slowly to their feet as they breathe out slowly. Great job being present to your body and the moment – God is there!

Remember:

1. What did we learn about Taco Bell?
2. What end will we all face? How does that sit with you?

Read Aloud:

Ecclesiastes 12:13 - 14

Discuss:

1. How does knowing that life is a vapor actually help you value your life?
2. What does it mean for you to delight yourself in the Lord?
3. How do you let the extraordinary distract you from the ordinary?
4. What keeps you from a habit of gratitude?

Apply:

1. What is one practical way you can train yourself to enjoy the ordinary this week?
2. To develop a posture of reverence and joy simultaneously, which one do you need to develop more fully? What is one way you can begin?
3. What is on your life bucket list? (remember kingdom work, generosity, enjoying creation, and God's glory are options!)

Pray:

Pray for the person across from you asking for God to help them with the action steps they shared.