



## **Finding Fullness - Part 1 - "The Life You Actually Want"**

### **Mark 12:29–31 (NIV)**

*"The most important one," answered Jesus, "is this: 'Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these."*

### **John 10:7-10 (NIV)**

*Therefore Jesus said again, "Very truly I tell you, I am the gate for the sheep. All who have come before me are thieves and robbers, but the sheep have not listened to them. I am the gate; whoever enters through me will be saved. They will come in and go out, and find pasture. The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full."*

### **Ephesians 3:14–19 (NIV)**

*For this reason I kneel before the Father, from whom every family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.*

### **Key Points**

- The most important thing about you is not what you do but who you become.
- Practice doesn't make perfect; practice is about ordering.
- The natural order we are born into is governed by fear.
- In our pursuit of independent self-sufficiency, our solutions to our problems have focused on self-esteem, self-compassion, and self-worth, making us the center of our universe.
- Self-centeredness is expressed in what we demand from our circumstances and the people around us. We're demanding that they fill the places in our lives that need fullness.
- Our lives are driven by what we are demanding.
- We need a center that can handle the reality of our lives.
- Jesus provides the foundation and the way for the life we actually want.
- You have been made by God and for God. You will not find meaning or purpose apart from Him.
- You are meant to live from a sense of meaning—whole-hearted, full, and free- but so many things will undermine the life you want to live.

## **READ**

*Open your time together by reading the scripture passages on Page 1. Then, take a moment to consider what you just read:*

- Read Mark 12:29-31. How does the command to love God with all your heart, soul, mind, and strength, and to love your neighbor as yourself, shape your understanding of your priorities and actions in daily life?"
- Read John 10:7-10. What does Jesus' description of himself as the 'gate for the sheep' and the promise of 'abundant life' convey about the role he plays in our spiritual journey and the kind of life he offers us?
- Read Ephesians 3:14-19. Paul speaks of being strengthened with power through the Spirit in our inner being. How do you personally experience this spiritual strengthening in your life?

## **REFLECT**

- The natural order we are born into is governed by fear. Do you agree with this statement? Why or why not?
- In what ways have you observed the influence of fear in the natural order we are born into? How might recognizing this fear-driven aspect change the way you engage with the world around you?
- Reflect on the idea that "practice doesn't make perfect; practice is about ordering." How can this understanding of practice impact your approach to spiritual transformation?
- Consider the concept of self-centeredness and the demands we place on our circumstances and others. How can shifting our focus away from demanding fullness from external sources lead to a more fulfilling life?

## **RESPOND**

- Reflect on the statement that "Jesus provides the foundation and the way for the life we actually want." How can a relationship with Jesus reshape your pursuit of a meaningful and purposeful life?
- What practices or strategies can you adopt to protect and nurture the sense of meaning, wholeness, and freedom you desire?
- Can you identify specific areas in your life where you have been seeking meaning and purpose apart from God? How might refocusing on your relationship with Him bring about a deeper sense of fulfillment and purpose?

## **PRAY**

Close your time together with prayer requests. Ask how you can pray, support, and lift one another up. Pray over these requests either collectively or by breaking up into prayer partners.