

November 10, 2019
Series: Good For The Soul
Part 6: Getting Practical

What stood out to you most in last Sunday's message?

What were some things that resonated with you?

Was there anything you wrestled with?

Can you think of someone who was born with extremely difficult challenges - for example into severe poverty, or an abusive family, or with physical disabilities, but went on to do extraordinary things with their life?

Why do some people seem to flourish in life while others flounder, regardless of the circumstances of their birth or childhood?

What was the point Jim made about "blame vs responsibility"?

READ: Luke 8:5-8

"A farmer went out to sow his seed. As he was scattering the seed, some fell along the path; it was trampled on, and the birds ate it up. Some fell on rocky ground, and when it came up, the plants withered because they had no moisture. Other seed fell among thorns, which grew up with it and choked the plants. Still other seed fell on good soil. It came up and yielded a crop, a hundred times more than was sown." When he said this, he called out, "Whoever has ears to hear, let them hear." Luke 8:5-8 (NIV)

What does the seed represent? *[for Jesus' explanation of the parable, see verses 11-15]*

What does the soil represent?

In the context of the parable, who is responsible for the condition of the soil? [In the case of this parable the farmer has given the soil "free will."]

Who is the one person you can most easily deceive? *[Answer: Yourself.]*

Who is the one person who is most difficult for you to motivate? " "

Who is the one person you are most likely to make excuses for? " "

What are some practical things you can do to develop and maintain a "healthy soul."

READ Phil 4:4-8

“Always be full of joy in the Lord. I say it again—rejoice! Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.” Philippians 4:4–9 (NLT)

Why does Paul (and Jesus) tell us repeatedly to be filled with joy “no matter what happens” (3:1)? (see also John 15:11)

How can you rejoice and be filled with joy when there is so much evil and injustice in the world?

Paul says “Don’t worry about anything”. How do you simply “not worry”? Does Paul give us any practical advise as to how we might *not worry*? What advice does he give?

What does Paul say is the prerequisite for “experiencing God’s peace which exceeds anything we can understand”?

READ: Colossians 3:1–3 (NLT)

“Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God’s right hand. Think about the things of heaven, not the things of earth. For you died to this life, and your real life is hidden with Christ in God.” Colossians 3:1–3 (NLT)

Why does Paul want us to think so much about the things of heaven?

On a scale of 1 - 5 (1 being poor and 5 being excellent) rate yourself on how well you’re doing at “thinking about the things of heaven, and not the things of earth.” *[Invite those willing to share how they rated themselves.]*

On a scale of 1 - 5 (1 being poor and 5 being excellent) rate yourself on how well you’re doing at “fixing your thoughts on what is true, honorable, right and pure....” (Phil 4:8) *[Invite those willing to share how they rated themselves.]*

Why is it that some people who have vast amounts of wealth and affluence seem so ungrateful while others who have very little are overflowing with gratitude?

Who is happier: someone who is wealthy but ungrateful or someone who is poor but grateful?