



# NEW HOPE

SMALL GROUPS

## Careful What You Want For How To Get What You Really Want: Part 2 September 13<sup>th</sup>, 2020

### Introduction:

Living according to what we value is not easy, especially since our own natural desires seek to drag us away. However, ultimately fulfillment in life is achieved by living a value centered life instead of seeking to obtain everything we want. Getting what you want, when you want it, leaves you with not having what you ultimately desire. Our natural desires that spring up within us cannot be trusted to bring the ultimate fulfillment we ultimately want. Jesus said, "I am the way, the truth, and the life...(Jn 14:6). Learning to live a value-centered life is not easy but brings a far better result in the end.

### Getting Started:

What would you say is your number one distraction from getting things done at you home, work, or personal life? (*Kids are not a distraction*)

### Discussing:

- **READ:** Romans 7:-15-23
- How would you summarize the Apostle Paul's statements in these verses?
- Vs 23: ...*there is another power within me that is at war with my mind.*" This "power" is called our natural desires. Why do you think such strong language is used to describe how our natural desires distract us from what is valuable?
- When someone starts to hate what they do they inch closer to hating themselves. How does someone know whether or not they have crossed over in allowing their actions to cause them to hate themselves? (i.e. lack of confidence, shut yourself down before trying something new, constant negative self-talk, feel like you are unworthy of love).
- Garrison said in his message: "What you do is NOT who you are, but rather how your mind has been trained to think." Explain this statement?
- Thoughts are powerful and the natures within us desire to shift them to seek instant gratification instead of choosing what is valuable to create long-term fulfillment.

### **READ** James 1:13-15

- God uses the words "drags us away..." This is a metaphor for what temptation does over the course of someone's life. How have you seen temptation start small and eventually work to drag someone, or yourself, away from the life they or you ultimately wanted to live?
- Take the last ~10 Minutes of the group and write out what "drags you away" from you experiencing what you ultimately value. (We will not share these, so be as real as you can be). List our the distractions or temptations that come from our natural desires to seek instant gratification instead of long-term fulfillment.

### Something More:

Thoughts are powerful. What do you think of this statement: "*Sow a thought, reap an action; sow an action, reap a habit; sow a habit, reap character; sow a character, reap a destiny.*" - *Chinese Proverb.*