THRIVING SOUL

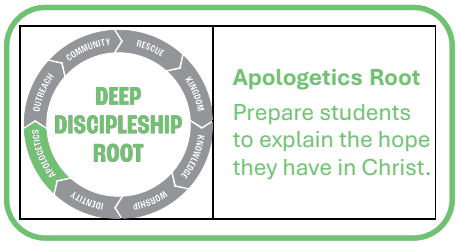
ORIGIN STORY

Small Group Lesson 4

FACILITATOR GUIDE

MARK OF A DISCIPLE

Disciples of Christ thrive when they have rest, responsibility, restriction, and meaningful relationships in their life.



SCRIPTURE

GENESIS 2

BACKGROUND & CONTEXT

The garden of Eden was the optimal environment for our soul to thrive. Before sin even entered the world, we see all of the elements we were created to be a part of. God has established our identity (image-bearer), our purpose (be fruitful, multiply, and co-labor with God to cultivate what he has made), and our relationships (helper suitable).

BELONG

PRAYER

1–2 minutes

Start your small group by asking the Lord to bless your discussion and time together.
OPTIONAL: Give students an opportunity to lead the prayer.

OPENING QUESTIONS

3–5 minutes

- How was the week? What's the best thing that's happened? Anything major going on?
- What is one thing in life that people would consider "work" but that you love to do?

BUILD MEANINGFUL RELATIONSHIPS

BELIEVE

EXPLORE GOD'S WORD

3–5 minutes

Our souls live in a sinful society that is constantly waging war against us. We return to look at the Garden of Eden to see the things that we need to THRIVE in a chaotic world. Your soul needs REST, RESPONSIBILITY, RESTRICTION, and RELATIONSHIP.

7–10 minutes

- Of the four elements listed in the teaching for our souls to thrive, which one is most suprising?
- What are ways we can obey God with rest on the Sabbath day? Why is it difficult to rest on sabbath?
- If God gives us responsibility as a part of our purpose in life, what would you describe as your current God-given responsibilities?
- What are ways that your are submitting to God with his boundaries (10-commandments) that are difficult? Why is it difficult?
- How would you describe your current relationship with God?

ASK INTENTIONAL QUESTIONS

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- Do you have anyone close in your life that knows you really well? The good and the bad? Why or why not?

BECOME

APPLY IT

2–3 minutes

- Of the 4 elements, what is one that you need to focus on bringing consistently back into your life so your soul can thrive?

MARK OF A DISCIPLE

2–3 minutes

Disciples of Christ thrive when they have rest, responsibility, restriction, and meaningful relationships in their life.

Be specific:

- What are you going to do?
- When are you going to do it?
- Is there someone who can keep you accountable?



FACILITATOR NOTE: Allow students who are comfortable to share their plans for application. This may encourage or spark ideas for other students, plus add a level of accountability.

CLOSING

PRAYER

2–3 minutes

Take a moment to ask for prayer requests. Spend some time praying that your students would see God as a loving Father they can run to when they've messed up.

Write down any prayer requests mentioned and ask your students about them at your next meeting.