



THE OTHER **6** DAYS
DISCUSSION GUIDE

How to use this guide

This study guide is designed to engage your group in deep and meaningful conversation.

Conversation Starter is designed to break the ice and allow for group members to engage in opening conversation. The questions are usually fairly simple so anyone can participate. Feel free to come up with your own questions to break the ice too.

Digging Deeper is designed to take the group through the text and engage the group in a more robust conversation. The questions in this section will hopefully engage group members from all walks of life. You don't have to work through all the questions. As a leader, pick the ones that you think would best suit your group needs.

At the end of each section, we have provided you with room in the **Praise & Prayer Points** to take notes and write down the prayer requests of your group.

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Session 1 – **Purpose**

Session 2 – **Ambition**

Session 3 – **Stress**

Session 4 – **Disappointment**

Session 5 – **Play**

**Please note all materials including video teachings and discussion guides are now available through our FAC Experience App under the 'Resources' tab.*



Conversation Starter

- When you were a child, what did you want to be when you “grew up”?

Digging Deeper

- What stood out to you the most from this past weekend service?

Together, open your Bibles and read from Genesis 1:28; 2:15; and John 15:8 then watch Session 1.

- Why can we often struggle with finding purpose?
- Have you thought about what your purpose is in life? Share.
- How does following Jesus change or affect our purpose whether it be at home or work?

Finding purpose with the tasks before us is one of the greatest challenges in our world today. Purpose defined is the reason for which something is done or created, for which something exists. Purpose is that reason for which you were created and for which you exist. It's important to remember that our life's work matters to God.

- What does it look like to worship God through the tasks before you?
- How does what we believe about God's attitude to our tasks impact our attitude?

As followers of Jesus, everywhere we go, all the time, we have purpose. Our purpose lies not with any particular job, but rather in our understanding that wherever God has us, we have purpose doing the work that He puts before us. Right here, right now.

- How can we truly live with purpose each and every day? How would that change some of our daily tasks?
- Think of a specific issue before you and think about what God might be saying to you about His purpose for you right now.

Praise & Prayer Points

Spend some time praying and think about what God is doing in your life.



Conversation Starter

- In your childhood, what were you most ambitious about succeeding in? What did that childhood ambition look like?

Digging Deeper

- What stood out to you the most from this past weekend service?

Together, open your Bibles and read from Matthew 25:14-30 then watch Session 2.

- What is your greatest takeaway from the parable of the talents?
- What has God entrusted into your care? Start with the basics.
- Do you properly prioritize them so you can care for and invest in each of them well?
- If we are to care for each of them well, without compromising one for another, what limitation does this impose on us? Do you think God is ok with this limitation?

- God has entrusted you knowing your capacity, skills, and the opportunities He would provide. What does this mean for you?
- Can you discern between what God is entrusting you with and a good opportunity that is not meant for you to take on at this time?

It is important that we give God the opportunity to let us know what He thinks about our goals. If our hearts are close to His, often our longings are already in-tune and, if we need to know otherwise, God will let us know. What we need to be most careful of is this: deciding goals on our own and asking God to bless our plans. This is backwards. When we do this, we often find ourselves trying to force peace and success into our plans.

- Is the object of my ambition pleasing to God?
- Have I held the object of my ambition open handed before God? Am I willing to let it go into God's care if God re-directs me?
- Is the object of my ambition also the object of God's ambition for my life? (Hint: if you know from scripture that it is pleasing to God, and God hasn't directed you otherwise – through prayer or wise counsel - the answer is yes!)
- Have you made your own plans and neglected God's plan for you? If so, how might you begin to pursue God's plan for you?

Godly ambition will never require you to compromise godly values.

- How would you describe godly ambition?
- How would you describe ungodly ambition? (Think about both extremes: insecurity/fear vs. aggressive/selfish)

- Is my ambition a Christ-like ambition?
- How do I ensure my ambition is shaped by godly values?

The master responds to the faithful servants: “Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master’s happiness!” (Matthew 25:21, 23)

- What would it mean to you to hear this from Jesus, your master?
- How can you be faithful with what you have now so that you can see the ‘many things’ God desires to entrust you with as you grow in faithfulness?
- What does the following statement mean in light of 1) what we have learned and 2) the return of Jesus: “Come and share your master’s happiness!”

Praise & Prayer Points

Spend some time praying and think about what God is doing in your life.



Conversation Starter

- What's your preferred way to "blow off some steam"?

Digging Deeper

- What stood out to you the most from this past weekend service?

Together, open your Bibles and read from Matthew 11:28-30 and John 14:27 then watch Session 3.

The problem with stress is that it has the ability to remove rest from the picture and it takes our eyes off of Jesus and shifts our focus on to the problems before us. A stressful life focuses on the issues and difficulties that are most often out of our control.

Read through the Stress Busters below and answer the following questions:

Stress Buster #1 Stay Healthy.

Stress Buster #2 Fight Fear.

Stress Buster #3 Take joy seriously.

Stress Buster #4 Take an emotional break.

Stress Buster #5 Minister in the opposite spirit.

Stress Buster #6 Take control of our thoughts.

Stress Buster #7 Pray and read the Bible.

- Which Stress Buster are you good at following?
- Which Stress Buster stands out as one you need to employ more consistently? Explain why.
- What are your main sources of stress or pressure today? Which Stress Buster would help?
- What difference does your faith make to you when dealing with stress?
- What do you need to change to “learn the unforced rhythm of grace” in your life?
- Is there a Stress Buster that isn’t on the list that has helped you? Share.

This week, think about what practical steps you need to take to be more effective at dealing with stress.

Praise & Prayer Points

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Conversation Starter

- Was today what you expected it to be? Were there unexpected joys or frustrations you encountered? How did you respond?

Digging Deeper

- What stood out to you the most from this past weekend service?

Together, open your Bibles and read from Psalm 31 then watch Session 4.

- What is the difference between disappointment and grief?
- Do you know what the process of grief feels like?
- Have you ever grieved a loss other than death?
- Do you think that grieving is important or not very important for us to envision and embrace a new path ahead?
- Why might grieving be important for us as Christians within our culture?

The culture of Jesus' day had specific rituals for grief that lasted for extended periods of time. Since the grieving process is ongoing, we need to intentionally engage in it in healthy ways for its full duration.

- What have you done to address grief in your life?
- Did you set aside a particular space or time for grieving?
- Consider: what activity, space, and time would serve you best when you need to process disappointments?
- Some disappointments are due to our own mistakes. Other disappointments are injustices forced on us. How might our grieving process look different in these two cases?

God grieves with us over our losses but is not at a loss regarding our future. God can repurpose our disappointments. Read Paul's letter during his arrest in Rome found in Philippians 1:12-20. During this time the emperor, Nero, began tossing Christians to the lions and burning them as torches to illuminate his banquets. Imagine this scenario as you read the passage.

- In some cases, disappointments can reveal that God is not truly on the throne of our lives. Have you placed a certain hope or desire on the throne of your life? What would it look like to put God back on the throne?
- Do you believe that God can repurpose a disappointment in your life for something good?
- Are you willing to release what was lost and embrace God and the good He can bring to this situation?
- In the midst of grief and loss, how can you seek God for deeper transformation in becoming like Christ? (Read Phil. 3:10-12)

Resources for Grief (of all kinds)

- Fern Buszowski – Pastor of Counselling and Soul Care, fbuszowski@facalgary.com
- Celebrate Recovery at FAC – This is a free, year-round adult support group that walks through 8 Principles for moving through life's hurts, hang-ups and habits to find wholeness and healing in Christ.

Psalms for the grieving heart: <https://www.raisingarrows.net/wp-content/uploads/2011/05/Psalms-for-the-Grieving-Heart.pdf>



Conversation Starter

- What was one of your favourite sports/activities to play growing up?

Digging Deeper

- What stood out to you the most from this past weekend service?

Together, open your Bibles and read from 1 Samuel 24 then watch Session 5.

- Describe a time when you had to overcome a big obstacle in your life. What did this experience teach you about adversity?

Life isn't easy and it doesn't always turn out the way we hoped it would. As followers of Jesus, we can have character in the tough situations that life throws our way.

- Why do you think God allows adversity into our lives?
- What moral decisions are you facing with the tasks before

you? How can we keep our character during these tough times?

- Why is it often difficult to have character when we are struggling or in a tough situation?
- Who are the people in your life with whom you seek wise council?
- If you were David and the man who was out to kill you walked into your cave, what do you think you would do?
- Like David, are you content to let God bring to pass his will-in his time and way?

Read Deuteronomy 31:8. What does this verse teach us about how God helps us in the midst of adversity?

- Think of the range of decisions that you have to take with the tasks before you, how have you made these decisions? What might you do differently in the future?
- What practical steps will you take in the next week to engage with God during the tough moments before you?

Praise & Prayer Points

Spend some time praying and think about what God is doing in your life.



Conversation Starter

- What is your favourite game to play?

Digging Deeper

What stood out to you the most from this past weekend service?

Together, open your Bibles and read from Genesis 1:1-2:3 then watch Session 6.

- Take a moment and share some funny stories about children and their playfulness.

As we grew up many of us made an exchange. Rather than holding onto both play and productivity, recognizing the need and blessing of both, we have become consumed by one or the other.

- Do you tend to compromise play for productivity or compromise productivity for play?
- What do we lose in these compromises?

- What instructions has God given us to help us keep both productivity and play in our lives?

Reflect on this statement: “If we have play or productivity divisively independent of the other we may actually be missing out on our purpose as human beings made in the image of God.”

- How much fun do you think God had when he created the world? Was it all serious tasks? Was it all fun and games? Or was it both?
- How do you see children incorporate play and productivity daily?
- How might we miss out on understanding and participating in the image of God if we keep play and productivity independent of each other?

We do not need to give up play to be productive or give up productivity for play. In most cases, we can have our cake and eat it too! A few things that make this possible are: childlike faith, which allows us to be playful in our productivity, curiosity, which is a key element of productive play, and courage, which allows us to engage and participate fully.

- Which of these three elements (childlike faith, curiosity, and courage) stood out most to you and why?

Read Hebrews 11:6 and Matthew 18:2-5.

- Why does Jesus encourage us to become like little children rather than the adults our culture admires?
- How does childlike faith change how we go about our daily tasks?
- How is childlike faith honoring to God?

Read Romans 1:20 and Psalm 143:5.

- How does the world around you inspire your curiosity?

How does curiosity bring beneficial playfulness to

productivity?

- How is curiosity honoring to God?

Read Psalm 16:11 and Nehemiah 8:10.

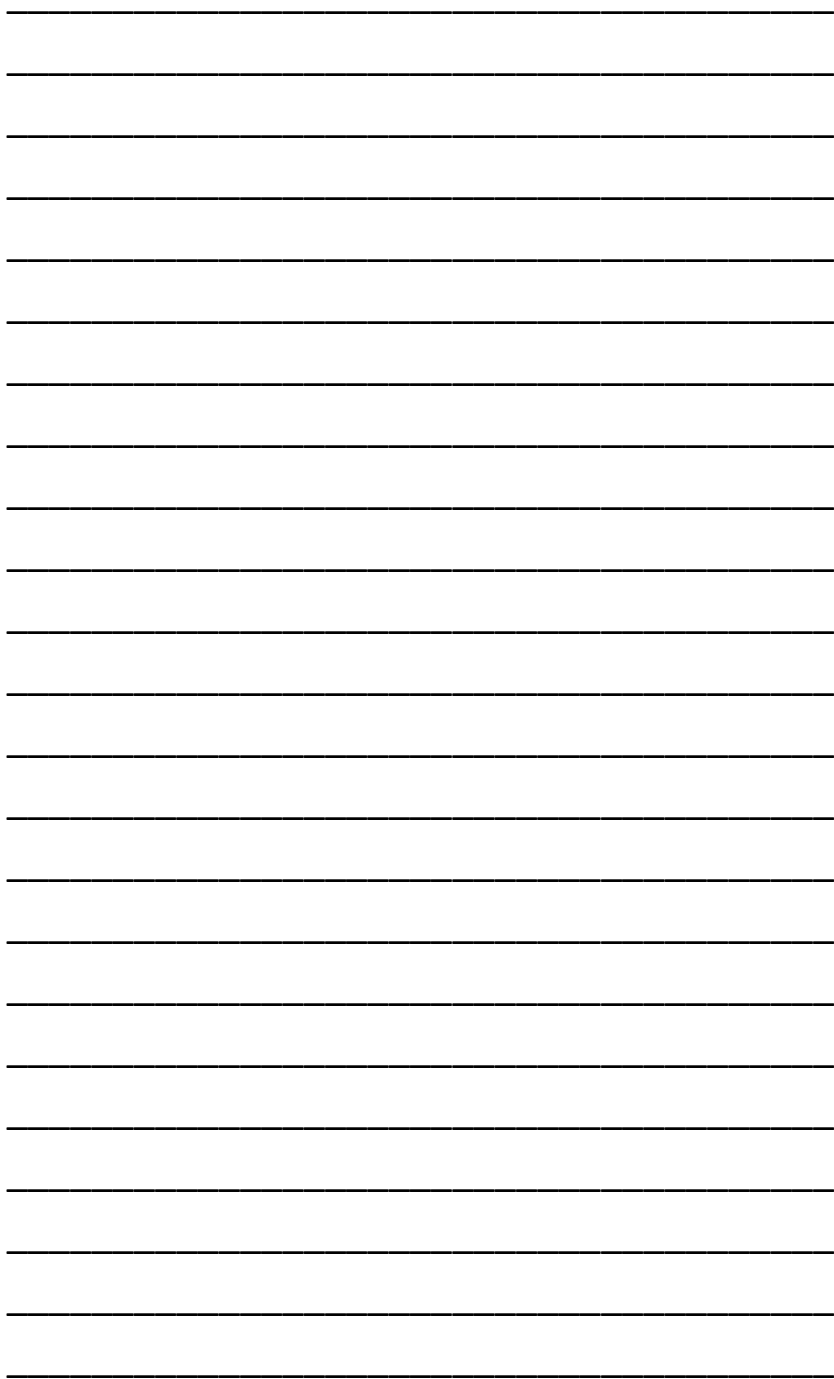
- Are you overwhelmed by circumstance or strengthened in the joy of the Lord?
- How does the assurance of 1) who God is, and 2) our identity and purpose in God, give us courage to laugh and rejoice – or even, dare we say it, have fun and be silly?
- How is courage honoring to God?

Think about your upcoming week. Answer the question that is most relevant to you:

- How can you incorporate play into your productivity this week?
- How can you incorporate productivity into your play this week?

Praise & Prayer Points

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