



SUMMERFEST

Week 4

BREAKING THE ICE

Share a funny story about a moment you were totally distracted!

What distracts you the most in life? Where are you the most focused and present?

MAIN CONTENT

Bob Goff shared that he spent time recently "diving deep" into his life and heart to hopefully discover some "treasure" there. He said he wanted to understand why he does the things he does, and encouraged us to do the same self evaluation. Bob discovered a fear that everyone will leave him, which he has carried most of his life.

1. Have you spent any time "diving deep" as well? If not, how can you take steps in the direction of understanding why you do what you do?

2. What fears are you living with now and how do they distract you from being who God made you to be?

Bob also explained that our behaviors are often shaped by reacting to those we were raised by or around. For instance, he shared how he has reacted to his parent's personalities, and how his own children have reacted to his personality. This isn't necessarily a bad thing - it's part of life - but in order to understand our own behaviors and create better ones, we need to know what we're reacting to and why.

3. How have your own behaviors been shaped by reactions to those that raised you? Are these helpful reactions, or harmful?

4. What adjustments can you make to those reactions in order to live more like Christ?

Proverbs 17:7 says "A friend loves at all times, and a brother is born for a time of adversity." Bob recommended that we find some safe people to have in our lives, who we can share anything with and they'll keep it a secret. How do you find a friend like this? He said the test is that you tell them something and they don't try to fix it - instead they remind you who you really are.

5. Do you have a few friends with whom you can share your struggles, who can help you grow and do things better moving forward?

6. How can you be that kind of friend for someone else?

Bob suggested that the devil wants to distract you even more than destroy you. His final advice for us to live a less distracted life was two-fold: First, stop "hitting" ourselves. In other words, quit beating ourselves up about doing everything right, keeping up appearances, or trying to live up to the world's unrealistic standards. And second, read the Word of God and live our lives according to it as best we can.

7. What are the distractions in your own life that the enemy is using to keep you from living a life fully committed to Jesus and fully present for your family and friends?

8. If you take away the things you do for work or are known for, who are you? Who do you want to be? What do you want to be known for at the end of your life?

CLOSING PRAYER

Lord, help us to eliminate the things that distract us from You, and distract us from those you've placed around us to love. Teach us to "be still and know that You are God." Holy Spirit, reveal to each of us what fears or reactions we need to surrender to You, and remind us who You say we really are. In Jesus name we pray, Amen.

ACTION STEP

- Identify 1 fear or lie you are believing. Find a scripture verse (Google is totally allowed!) that speaks truth against that fear or lie. Write down that verse and carry it with you as a reminder of the truth this week.
- Write down 3 things that are distracting you from Jesus and those around you. Now make a plan to eliminate or minimize each of these distractions moving forward.
- Who is a safe friend that you can share with? Reach out to them this week and setup a time to meet and share whatever you're struggling with.