

5 Ways Not to Waste a Life

Discussion Questions:

1. Recall a time when you felt you wasted an opportunity. What was it? You took the wrong career path, didn't strike up a conversation with someone you should have? Why or how do you feel you wasted the opportunity? What do you wish you had done differently? [L]
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2. What are some of the ways, intentionally or unintentionally, that people waste much of their lives? In your opinion, what personal values or goals might add significance to life? What hope would you give to a friend who said they felt like they were wasting their life? [L]
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3. One way to not waste your life is to let go of habits that hold you back, habits like comparing yourself to others and fearing failure.
 - a. To whom, or what ideal, do you tend to compare yourself? How does comparing yourself to that person/image affect your feelings, behaviors and self-worth? [L]
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 - b. What specific fears tend to keep you from trying to pursue your dreams? Did a parent instill a feeling of inadequacy, other past failures, etc. What would it take to let go of those fears? [L]
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4. Another way to not waste your life is to embrace new habits that will add value to yourself and to others, habits like seeking wisdom and loving your family.
 - a. What is the difference between seeking knowledge and seeking wisdom? Where can you go to seek wisdom? [L]
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 - b. What does the way you choose to live communicate to your spouse and/or children? What specific things do you do on a regular basis to let your family know they are the most important thing in your life? [L]
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5. Finally, you do not waste your life when you find your purpose in something greater than yourself. Read Matthew 16:24-26 below. According to Jesus, what is the greater purpose of a disciple? How does Jesus' view both challenge us *and* offer hope? In your group, discuss how disciples of Jesus can choose to “deny themselves and take up their cross and follow.” [L]
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Moving Forward

In Dale's talk, he said, “Whatever you are, be a great one.” This week, choose the practice from the following list that you think will most help you to have a happier and more meaningful life. Each morning this week, ask God to help you integrate the practice into your day. At the end of the day, reflect on how you grew in that practice. Be consistent, give yourself time to grow, and enjoy your life!

1. Overcome the comparison trap. [L]
[SEP]
2. Conquer the fear of failure and pursue your dreams. [L]
[SEP]
3. Seek wisdom, not just knowledge. [L]
[SEP]
4. Love your family. [L]
[SEP]
5. Find your purpose in something greater than yourself. [L]
[SEP]

Matthew 16:24-26

²⁴ *Then Jesus said to his disciples, “Whoever wants to be my disciple must deny themselves and take up their cross and follow me. ²⁵ For whoever wants to save their life will lose it, but whoever loses their life for me will find it. ²⁶ What good will it be for you to gain the whole world, yet forfeit your soul? Or what can you give in exchange for your soul?”*