

Week One: What's Worth Wanting?

Gather

Welcome! This first week, give yourselves plenty of time to get to know one another. The relationships you build are as important as the material you cover.

Begin by introducing yourselves. Along with your name, share a one-sentence response to this question: **What is bringing you joy, contentment, or a sense of well-being in your life right now?**

A Few Group Practices

As you begin your time together, take a few minutes to agree on some simple practices for your group.

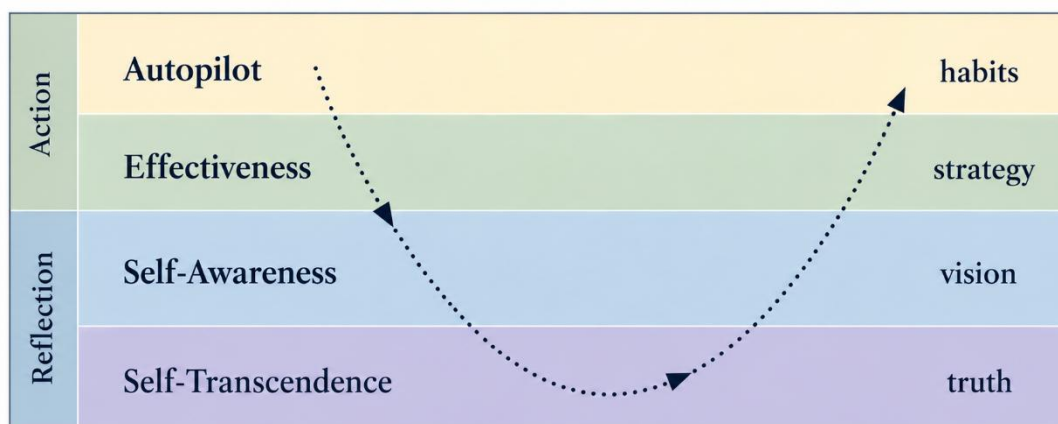
- **Start and end on time.**
- Decide whether your group will **watch the weekly video together or ahead of time.**
- Make room for everyone. **Listen as well as you talk.**
- Resist the temptation to fix, solve, or give advice unless someone specifically asks for it.
- Allow for silence and uncertainty. **"I need to think about that" is a perfectly good response.**
- Remember that what is shared personally in the group should be treated with care and confidentiality.

Watch & Reflect

Watch the Week One video together if you have not already done so.

This week we explored four levels at which we can move through life:

WHAT'S WORTH WANTING?



Take some time with the diagram and these different levels. Invite each person to consider:

Can you remember a time, experience, or situation that moved you beyond yourself into a deeper sense of meaning, connection, purpose, or transcendence?

There is no need to have an immediate answer. And for those of us who process by talking, remember to leave room for those who process more slowly!

Going Deeper

You will probably **not have time to discuss all of these questions**. Choose the ones that spark the most interest or seem most relevant to your group.

- These four levels can be helpful at any age. **How might they look different at different stages of life?** If you have more years of experience, how has this changed for you?
- **What practices or experiences help you move from autopilot toward deeper reflection and awareness?**
- One of the questions raised this week was deceptively simple: **Is what you are currently doing helping you get what you really want?**
- Patrick reminded us that **a human life is worth a great deal**. We spend our time, experiences, expertise, knowledge, energy, relationships, and resources. What are you spending your life on? What feels worthy of that investment?
- Christian faith complicates the question *What do I want?* Jesus repeatedly turns our attention toward God and neighbor. **Where does living for others fit into a life worth living?**
- Looking back, most of us can identify seasons when we lived largely on autopilot or discovered that our **“ladder of success” was leaning against the wrong building**. How do grace and self-forgiveness become part of reflecting honestly on the life we have lived?
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As you finish: What is one question or idea from this week that you want to keep thinking about before your group meets again?

Pray for One Another

Before you close, share **one way the group can pray specifically for you this week**. It might grow out of today’s conversation about what you want, where you find yourself living on autopilot, or where you long for greater awareness, purpose, or connection with God. It may also be something personal that is weighing on you.

Keep the prayer close to home: **this is an opportunity to pray for one another, rather than for the needs of people outside the group**.

Facilitator of the week, please close the group with prayer. Something very simple such as “Holy God, we lift us these prayer requests to your power and wisdom.” You can also close by praying the Lord’s Prayer together.