



# THRIVE

**AN EXPLORATION OF STEPS  
TO A HEALTHIER YOU**



**HAVE YOU EVER FELT LIKE  
YOU WERE CREATED FOR  
SOMETHING GREATER THAN  
A MUNDANE ROUTINE?**

**DO YOU WANT TO GET MORE  
OUT OF THIS LIFE?**

**HERE IS THE GOOD NEWS:  
YOU WERE CREATED FOR  
MORE THAN SURVIVAL,  
AND GOD HAS A PLAN FOR  
YOUR LIFE.**

During this seven-week series, we are going to dig into the Bible and explore how we can grow like never before. We'll consider the steps we can take to get healthy and live the life of purpose and meaning God has created us to have.

**LIFE MIGHT BE  
PASSING YOU BY,  
BUT YOU WERE  
MADE TO  
THRIVE!**



## WEEK 1: SPIRITUAL HEALTH IS ACHIEVED THE CLOSER YOU GET TO GOD

In order to become spiritually healthy, we must take the steps necessary to get closer to God. Just like the prodigal son in Luke 15, we must come to the point where we are ready to seek a change, overcome our denial, and humble ourselves. When we confess that we have drifted away from our Father and humbly turn away from our sin back to Him, He will run to meet us and accept us with open arms. He stands ready, waiting for us to take the first step!

### DIGGING DEEPER

- **Read:**

*“And the younger of them said to his father, ‘Father, give me the portion of goods that falls to me.’ So he divided to them his livelihood.”* Luke 15:12 (NKJV)

- What was the father’s response to the younger son’s request? Does this response shock you?
- How does the father’s response in this story reflect the way our heavenly Father responds to us?

- **Read:**

*“And not many days after, the younger son gathered all together, journeyed to a far country, and there wasted his possessions with prodigal living. But when he had spent all, there arose a severe famine in that land, and he began to be in want. Then he went and joined himself to a citizen of that country, and he sent him into his fields to feed swine. And he would gladly have filled his stomach with the pods that the swine ate, and no one gave him anything.”*

Luke 15:13 - 17 (NKJV)

- What did the son do with the gift from his father? Where did he do this?
  - Hogs were considered unclean to Jews, and the younger son found himself at rock bottom. Has there been a time in your life when you have taken the gifts from our heavenly Father and used them for your own desires, putting distance between you and God? What were the consequences of your decisions?
  - How must it make our heavenly Father feel when we put distance between our hearts and Him, wasting what He has given us?
- **Read:**

*“And he arose and came to his father. But when he was still a great way off, his father saw him and had compassion, and ran and fell on his neck and kissed him. And the son said to him, ‘Father, I have sinned against heaven and in your sight, and am no longer worthy to be called your son.’ But the father said to his servants, ‘Bring out the best robe and put it on him, and put a ring on his hand and sandals on his feet. And bring the fatted calf here and kill it, and let us eat and be merry.”* Luke 15:20 - 23 (NKJV)

    - What was the father’s response when he saw his son coming back home?
    - After the son repented, what did his father do?
    - How does this reflect the love our Father has for us?

## **MAKING IT PERSONAL**

- If you were to be completely honest, are you as close to God as you would like to be today? Why or why not?

- What in your life has created distance between you and the Lord? (These can be “good” things, as well as sinful things - anything that pulls you away from God.)
- Are you willing to repent (turn from those things), like the prodigal son, and turn back to Him, knowing He stands ready to forgive and receive you with open arms?
- Jeremiah 29:13 says, *“And you will seek Me and find Me, when you search for Me with all your heart.”* Are you making time in your daily life to seek the Lord with all your heart?
- What and/or who in your life helps you grow closer to the Lord?
- Once you answer the question above, ask yourself ‘How can you make doing those things and spending time with those people a priority in the coming week?’

## TAKING IT HOME

- Based on today’s study and conversations, what **one thing** is God asking you to commit to do this week to grow closer to Him? This could be:
  - Committing to spending at least 15 minutes with Him each day this week through Bible reading and prayer
  - Signing up for a Bible reading plan on the “YouVersion” app
  - Turning from or removing something in your life that has created distance between you and the Lord
  - Fasting from something that dominates your time (Netflix, your smart phone, etc)
  - Spending more time talking about the Lord and praying with a mentor or friend
  - Something else the Lord is leading you to do
- How can those around you help hold you accountable this week to fulfill your commitment?

## NOTES

HOW DO YOU KNOW WHEN THE  
MOON HAS ENOUGH TO EAT?



## WEEK 2: ESTABLISHING PROPER PHYSICAL HABITS TO REDUCE STRESS

According to medical research, 75 to 90 percent of illness and disease are stress-related. When stress is not dealt with properly, it leads to a myriad of physical health problems, negatively affecting every aspect of our life. The good news is that God desires for our souls to be at rest and peace in Him, and He has laid out a plan in His Word for us to experience life to the fullest. When we begin to understand who our Shepherd is and follow His instructions for our lives, we will then be able to reduce our stress and experience His perfect peace and purpose in our lives.

### DIGGING DEEPER

- **Read:**

*“The Lord is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul...”*

Psalm 23:1 - 3a (ESV)

- Often, we stress over what we feel is lacking in our lives, as we try to figure out a plan for obtaining those things. Because the Lord cares, leads, and provides for us like a shepherd, we can say with confidence that we lack nothing and have everything we need.
  - How does this take the stress off of our shoulders?
  - What causes us to forget and doubt this promise?
- God desires to lead us to quiet places of rest. However, it is impossible for a stressed and divided soul to truly rest.

- Has there been a time in your life when you sought peace and rest (a relaxing vacation, a good night's sleep, etc.), but ended up feeling more exhausted than when you started?
    - Why is understanding AND believing verse 1 (that the Lord is your Shepherd and you lack nothing) critical to being able to truly rest?
  - When life and its daily trials and stresses leave us exhausted and depleted, our Shepherd restores our soul, which literally means “He causes my life to return.”
    - Are there any areas in your life that need to be revived?
    - Why are we reluctant to let go and surrender these areas of our lives to Him?
- **Read:**

*“...He leads me in paths of righteousness for His name’s sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.”*  
Psalm 23:3b - 4 (ESV)

  - When we finally let go and let the Shepherd meet our needs and restore our souls, He will then guide us down the right paths for His glory.
    - Why does demanding our own way instead of allowing the Shepherd to lead us on right paths cause more stress in our lives?
  - Sometimes we fear that if we let go of our way and follow His way, we might get hurt because there is risk involved.
    - In verse 4, what does the Shepherd promise to do for us when we walk through dark valleys?



- Notice that the darkness is caused by the *shadow* of death, not death itself. The enemy will threaten your life, but he has no power to take your life. The Shepherd alone holds all power.
  - How does knowing this help us to “fear no evil,” even in the midst of dark shadows?
- **Read:**

*“You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever.”* Psalm 23:5 - 6 (ESV)
- Our Shepherd feeds us in the presence of our enemies. He abundantly provides for us. His goodness, mercy, and presence are always with us.
  - Which of these promises encourage you the most?

## **MAKING IT PERSONAL**

- On a scale of 1 to 10, how stressed would you say you are right now?
- How has this stress impacted your health and relationships with God and others?
- What is God speaking to you through this Psalm?
- What would happen in your life if you trusted God, REALLY trusted Him, with everything you need and with everyone you love?
- Are you ready to let go of those things and people that you are most stressed about and trust them with your faithful Shepherd?

- Are you willing to follow the Shepherd down the path He wants to take you, even if it's not the path you had in mind?
- How can those around you help encourage you to daily trust the Shepherd and let go of your stress?

## TAKING IT HOME

- Based on today's study and conversations, what **one thing** is God asking you to commit to doing this week to reduce stress and improve your physical health?  
This could be:
  - Writing down in a prayer journal the things that cause you stress each day, fully releasing them to God
  - Eliminating an unhealthy habit (overeating, binge watching TV, etc.) that you have developed in order to cope with stress and replacing it with a healthy habit (taking a walk each day and using that time to pray and give God your worries, etc.)
  - Memorizing and meditating on Psalm 23 this week
  - Making intentional time for genuine rest
  - Committing to follow a path God is leading you down instead of trying to pave your own way
  - Something else God is leading you to do this week
- How can those around you help hold you accountable and pray for you this week to fulfill your commitment?

## NOTES

WHAT KIND OF MUSIC  
DO PLANETS SING?



## WEEK 3: I NEED TO MANAGE MY MIND BECAUSE MY THOUGHTS CONTROL MY MENTAL HEALTH

We are all fighting an unseen battle in our minds on a daily basis. It might be more obvious for some (and seemingly hidden for others), but the battle to follow Jesus and live a life of purpose starts in our minds. Have you ever started the day with a negative thought that just would not go away? Maybe you let worry drive and found yourself down a road you did not intend to go. If we are going to break the cycle and live a life of meaning, we must start at the beginning - in our mind.

The first 11 chapters of Romans describe how Jews and Gentiles can follow Jesus. Paul weaves in language from both groups as he describes salvation, righteousness, justice, and faithfulness. He then brings everything from those teachings together in Romans 12 with a transition to *how* we can live these themes out in community together.

### DIGGING DEEPER

- **Read:**

*“Do not be conformed to the pattern of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.”*  
Romans 12:2

- What do you think it means to be transformed into a new person? Are there old patterns that are still lingering in your life?
- The Greek word for renew is *anakainoo* which means “to make new.” We are called, by God, to take the transformation that He has

created in us and to develop a new way of thinking and living. Have you experienced this kind of change before?

- **Renewal takes action.** What actions are necessary to live in a manner of regular renewal?

- **Read:**

*“I love to do God’s will so far as my new nature is concerned; but there’s something else deep within me that is at war with my mind and wins the fight and makes me a slave to the sin within me. In my mind I want to be God’s servant, but instead I find myself still enslaved to sin.”* Romans 7:22 - 23

- Have you ever felt like you were “losing the battle” before you’ve even started your day?
- Paul reminds us that there is a war going on in our minds. Paul even describes how he wants to serve God, but many times finds himself “enslaved to sin.” Have you ever felt like that?
- In light of Romans 12:2, what can you do to fight against this self-destructive way of thinking?

- **Read:**

*“People need more than bread for their life; they must feed on every Word of God.”* Matthew 4:4b

- When Jesus was tempted by the devil in the wilderness, He used Scripture to combat temptation. Are you using these tools that you have available to fight temptation?
- When our body is hungry, we eat food. When our mind is hungry, we need to “feed” it something with substance and quality. How can you make engaging with Scripture a regular part of your routine?

## MAKING IT PERSONAL

- In the battle for your mind, where do you personally stand?
- Are you feeding yourself a diet of good and noble things (Scripture, prayer, activities that offer renewal)? Or, are you filling your mind with negative thoughts and painful patterns?
- What difference would it make in your daily walk to focus your mind on positive thoughts each day?

## TAKING IT HOME

- Based on today's study and conversations, what **one thing** is God asking you to commit to doing this week to renew your mind and take care of your mental health? This could be:
  - Spending a few minutes each morning in prayer and mediation
  - Connect with a friend and share honestly about your mental health journey
  - Seek out help from a professional. Make an appointment with a trained counselor. We have staff members here at Highlands that can help you!
  - Focus your mind on the right things (freedom in Christ, relationship with others, opportunities for growth and renewal)
- How can you pray for one another this week? The battle for our minds is constant and difficult. Spend a few minutes praying for one another.

## NOTES

WHAT DID THE U.S. GIVE RUSSIA FOR  
LANDING ON THE MOON AFTER THEM?



## WEEK 4: I MUST UNDERSTAND MY EMOTIONS IN ORDER TO MANAGE MY EMOTIONS

Learning to deal with our emotions is a crucial part of growing as a person and as a follower of Jesus. How we deal with what we hold inside ourselves will most certainly make its way outside over time.

The fight to love God and our neighbor begins in our hearts. It permeates our soul and then it directs our mind. That pattern is multiplied by our strength and eventually comes out in the way we treat our brothers and sisters. Take this time together to consider what it means to live out the greatest commandments we've been given for our everyday life.

### DIGGING DEEPER

- **Read:**

*"The most important commandment is this: You must love the Lord your God with ALL YOUR HEART, and all your SOUL, and all your MIND, and all your STRENGTH."* Mark 12:29 - 30

- What does it mean to love God with all that we are? Is this truly possible?
- How can we do this?
  - *"We love because he first loved us."*  
1 John 4:19
- Are you struggling to love God and love others? Could it be that you are seeking to do it with your own strength?



- **Read:**

*“The second is this: ‘Love your neighbor as yourself.’  
There is no commandment greater than these.”*

Mark 12:31

- Are you loving others? Is this something that other people can see based on your actions?
- Read and discuss how this relates to our actions towards others:
  - *“Whoever claims to love God yet hates a brother or sister is a liar. For whoever does not love their brother and sister, whom they have seen, cannot love God, whom they have not seen.”*  
1 John 4:20
- Are there areas in your life where you are holding on to hate? Are those emotions keeping you from loving God and loving others?

- **Read:**

*“Like a city whose walls are broken through is a person who lacks self-control.”* Proverbs 25:28

- What does it mean to have self-control?
- What happens when the walls of our lives are broken down? What might get in?
  - Self-control does not just happen in a moment. It takes time to build up. How can you grow in your self-control?
- How does loving God, loving Him with all we are, help with self-control?

## **MAKING IT PERSONAL**

Let's break down some of the key phrases presented in Mark 12. Take some time in your group to read the context of each word and then discuss what comes to mind when you consider how these impact the emotional area of your life.

**Heart** - Heart comes from the Greek root word *kardia* and refers to the center of one's life, whether physical, spiritual, or mental. The heart drives one's beliefs, emotions, thoughts, and intentions.

**Soul** - Soul is from the Greek root word *psychē* which is similar to the heart, but focuses on the vital force that keeps us alive. It's our internal driver.

**Mind** - Mind comes from the Greek root word *dianoia* and has a similar definition to heart but with a more mental bend. Your mind is where you play out the intentions of your heart.

**Strength** - Strength is from the Greek root word *ischyos* and means force, power, and ability. This "strength," also translated into English as "might," is the effort and passion with which we love God. As the heart, soul, and mind direct how we feel and what we do, might is the force that determines the extent of how we act.

- Understanding comes before management. Are you aware when your emotions get out of sorts? Are there things that "trigger" your emotions?
- If strength is all about the might or force that we put toward loving God, how can you direct that force toward the things that are righteous and good?
- Of the four phrases mentioned, is there an area that you struggle with the most? How would you rank your emotional health today?

## **TAKING IT HOME**

- Based on today's study and conversations, what **one area** needs the most work in your life as you move toward emotional health?

- Maybe it's the heart. Is loving God at the core of your belief?
- Soul? How is your psyche? Are you struggling to focus or feeling pulled down by things going on around you?
- Mind? Are you cluttered and disordered? Is your mental space affecting how you engage with others?
- Strength? What direction are you moving? Is the force of your life moving toward loving God and loving others? Or, are you pushing yourself in a different direction?
- What would change in your life if you were to grow in the area where you most struggle?
- Let someone know how they can pray for you this week.

## NOTES

WHAT DO PLANETS  
LIKE TO READ?



## WEEK 5: I MUST OVERCOME MY FEARS OR IT WILL RUIN MY RELATIONSHIPS

We all crave to belong and to be loved. God created us to be in relationship with one another. As we build healthy, Christ-like relationships, we will experience fulfillment, joy, and growth. If you've ever been out on a hike, you may have noticed some areas along the trail where the root systems of the trees have been exposed. Often, these root systems intertwine with each other, supporting one another, and making each other stronger. Because of this extra support, these trees are able to stand firm and endure storms. In the same way, we as Christians can help support and strengthen others as we build relationships.

Though trees can provide great benefit to one another, they can also cause great harm. If one tree develops rotting roots, this can spread to the roots of the other trees around it. If the tree falls, it can cause great damage to the surrounding trees. Similarly, if we allow fear to consume and infect our lives, we can cause great damage and hurt to those we are closest to. In order to overcome our fears before they ruin our relationships, we must embrace God's love by surrendering our hearts to Him, remembering our true identity, and honoring His command to love others.

### DIGGING DEEPER

- **Read:**

*"But the Lord God called to the man and said to him, 'Where are you?' And he said, 'I heard the sound of you in the garden, and I was afraid, because I was naked, and I hid myself.' He said, 'Who told you that you were naked? Have you eaten of the tree of which I commanded you not to eat?' The man said,*

*‘The woman whom you gave to be with me, she gave me fruit of the tree, and I ate.’ Then the Lord God said to the woman, ‘What is this that you have done?’ The woman said, ‘The serpent deceived me, and I ate.’”* Genesis 3:9 - 13 (ESV)

- After disobeying God’s command to not eat of the tree of the knowledge of good and evil, Adam and Eve became fearful.
  - What did Adam do in this passage because of fear?
  - Why does fear often result in isolation?
  - After being questioned by the Lord, what excuse did both Adam and Eve give to the Lord?
  - Why does fear cause us to blame others?
- In this passage, God gives us a beautiful example of unconditional love that does whatever it takes to restore and keep a healthy relationship.
  - What did God say to Adam in verse 9?
  - God already knew where Adam and Eve were, but because of their sin, their relationship with God had been disrupted. God was seeking them out because He desires a restored relationship with His children!
    - How is this a reflection of how God deals with us? How often has He gently and lovingly said to us, “Where are you?”
    - How can we follow this example in our relationships, even when the other party is in the wrong?
- **Read:**  
*“Such love has no fear, because perfect love expels all fear. If we are afraid, it is for fear of punishment,*

*and this shows that we have not fully experienced His perfect love.” 1 John 4:18 (NLT)*

- According to this verse, what expels all fear?
- If we are fearful, what have we not fully experienced?
- How would our outlook change if we truly understood AND believed in God’s unconditional, perfect love toward us? What makes us doubt His love?
- **Read:**  
*“If only you would prepare your heart and lift up your hands to Him in prayer! Get rid of your sins, and leave all iniquity behind you. Then your face will brighten with innocence. You will be strong and free of fear.” Job 11:13 - 15 (NLT)*
  - Like Adam & Eve, sin can create a disruption in our relationship with God. According to this verse, what can we do to be “strong and free of fear”?
  - Are you willing to do whatever it takes, repenting and turning from your sin back to God, in order to restore your relationship with God and to experience freedom from fear?

## **MAKING IT PERSONAL**

- In John 13:34, Jesus tells us, “A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another.” How can you love those around you the way Christ loves you?
- Fear has been defined as **F**-alse **E**-vidence **A**-ppearing **R**-eal. Is there a fear that is dominating your heart and mind, keeping you from fully loving Christ and those around you? This could be a fear about others or about yourself. How can you replace this “false evidence” with the truth?

- Is there something that has distanced you from the Lord? Until we get our vertical relationship with Christ right, it will be difficult to love others properly. How can you make that right today?

## TAKING IT HOME

- Based on today's study and conversations, what **one thing** is God asking you to commit to doing this week to overcome your fears and improve your relational health? This could be:
  - Surrendering your heart to God, trusting Him with your greatest fears
  - Reaching out to someone who has wronged you and forgiving them, just like God sought out Adam and Eve after they sinned against Him
  - Reaching out to someone YOU have wronged, whether intentionally or unintentionally, and asking them to forgive you
  - Meditating on some Scriptures that talk about God's love for you and ACCEPTING His perfect love (1 John 4:18, Ephesians 3:18 - 19, Isaiah 54:10, Romans 8:38 - 39, Lamentations 3:22 - 23)
  - Repenting of sin that has disrupted your relationship with the Lord and others
  - Planning and doing something intentional and sacrificial to love someone with Christ-like love this week
  - Letting go of fear and moving forward in faith and obedience to God's will for your life
  - Something else God may be leading you to do
- How can those around you help hold you accountable and pray for you this week to fulfill your commitment?



## NOTES

**WHY DID PEOPLE NOT LIKE THE  
RESTAURANT ON THE MOON?**



## WEEK 6: I CAN MANAGE MY MONEY IN A WAY THAT SHOWS WHAT I PRIORITIZE

It can be difficult to talk about money and finances. You may have grown up in a family that had plenty of money, or maybe you grew up in an environment where money was a constant struggle. The Bible may not have a clear direction for your 401K, when to buy into Bitcoin, or whether the stock market is going up or down, but it does have plenty to say about how we engage with money and the hold it can have on our lives.

Finances may be fleeting, but there is a payoff in our faithfulness. Luke 16:10 reminds us that “Whoever can be trusted with very little can also be trusted with much. And whoever is dishonest with little will be dishonest with much.” \*How\* we handle our money is much more important than \*how much\* money we end up with at the end of our life.

### DIGGING DEEPER

- **Read:**  
*“No servant can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve both God and money.”* Luke 16:13
  - The American singer Bob Dylan echos Luke’s warning in his song *Gotta Serve Somebody* as he sings “it may be the devil or it may be the Lord. But you’re gonna have to serve somebody.” We all have an opportunity to choose who (or what) we are going to put in the place of prominence in our lives.
  - Who are you serving? What do you think it means to serve God?

- What do you think it means to “serve money”?
- Was there a time in your life when you realized that God was not in the seat of prominence, that He wasn’t first in your life? How did you respond?

• **Read:**

*“Whoever loves money will never have enough, and whoever loves wealth will never be satisfied with his income.”* Ecclesiastes 5:10

- Solomon, who knew a thing or two about money, offers an answer to why money is a terrible master. It will not satisfy our desires, and we always need more. Why do you think money has such a stronghold on so many people?
- We live in a culture that values MORE. More followers, more influence, more square footage. Whatever it is, we want more. But are you actually satisfied with **more**?
- We talked in detail a few weeks ago about our emotions and how we can love God with all of our strength. What would happen if we made sure that strength (that driving force) was focused on something of eternal value?

## **MAKING IT PERSONAL**

Take some time to walk through the four pitfalls our Teaching Team mentioned in the message. Which areas are you most susceptible to falling into?

- **Blow it** - Are you prone to wasting money like the manager in Luke 16?
- **Love it** - Has money been a master in your life?
- **Put your trust in it** - Has the rug ever been pulled out from under you? Maybe you feel like the

manager when he says in Luke 16:3 “what am I going to do now? I’m losing my job...”

- **Believing it will satisfy** - Have your finances (or the hope of finances) let you down?

## **TAKING IT HOME**

Avoiding pitfalls is not enough to bring satisfaction. We need to balance our outlook on our finances with God’s wisdom and teaching. What area can you press into this week to trust God and what He has to say about your finances?

- Do you believe it all belongs to God?
- Have you been faithful with what God has given you?
- If not, what steps could you take toward trusting God with your finances?

Take some time to share prayer requests and how you can encourage one another this week to continue to take steps to grow.

## NOTES

HOW DOES AN ASTRONAUT ON THE MOON  
TELL ANOTHER ASTRONAUT HE'S SORRY?



## WEEK 7: AM I LIVING OUT GOD'S CALLING ON MY LIFE?

For better or worse, we spend a good portion of our lives at work. Whether that's at an office, inside your home, on the road, or in a warehouse, you are going to spend a substantial amount of time working. There is value in our work as we work to care for our families and contribute to our world.

God's calling on our life is bigger than any job or task. We are all called to live a life of purpose that brings glory to God. We see in the life of David that faithfulness is more important than status. David was faithful as a shepherd and God called Him to be king and lead His people.

### DIGGING DEEPER

- **Read:**

*"Whatever you do, work heartily, as for the Lord and not for men..."* Colossians 3:23

- What do you think it means to "work heartily" for the Lord?
- Is that work different than what humans would expect? How so?
- Are you working toward something you feel God has called you to pursue?

- **Read:**

*"But if you do what is wrong, you will be paid back for the wrong you have done. For God has no favorites."* Colossians 3:25

- What do you think Paul means when he says that God has no favorites?
- Have you ever acted in a way that was unfair to someone else?

- Have you shown favoritism or excluded someone because you didn't think they were capable of doing something?
  - David is an unlikely candidate for slaying Goliath, but he is precisely the man God used to show how strong He is.
- **Read:**

*"Your servant has struck down both lions and bears, and this uncircumcised Philistine shall be like one of them, for he has defied the armies of the living God."*

1 Samuel 17:36

  - Could you imagine what David must have felt standing before Goliath? Would you have been afraid?
  - David recalled what he had done in the past to bolster his courage to move forward. In your own life, have you seen God move in the past? How has He been faithful to you in past experiences?

## MAKING IT PERSONAL

The message this week was about three giants that stand in the way of living out God's calling on our lives. Take a few minutes to discuss the giants and how you might overcome them in your own life. What is holding you back?

- **Delay** - Are you struggling with waiting? How do you handle delays?
- **Discouragement** - Are you discouraged by your current situation? Could you remind yourself of God's faithfulness in past seasons?
- **Doubt** - When you doubt who you are, remind yourself that you are loved by God and called according to His purposes! Are you struggling with doubt?

## TAKING IT HOME

Living a life *with* purpose is usually connected to a life lived *on* purpose. Each week in this series we have discussed a different area of life and how we might grow toward becoming all that we were created to be. We only get one life, so let's make it count!

Will you take a step of courage this week? What would life look like if you “ran quickly toward the battle line to meet the Philistine” (1 Samuel 17:48) in your own life?

- Take a few minutes to share what God has taught you during this series?
- Are you willing to put your “yes” on the table to follow God?
- How can you help one another live a life of meaning?
- Is there a specific area (or a few) that need to be your first priority of growth over the coming months? Circle the ones that are at the top of your list and share if you would like someone to help keep you accountable in this season of life.
  - Spiritual
  - Physical
  - Mental
  - Emotional
  - Relational
  - Financial
  - Vocational



## NOTES

WHAT'S THE BEST WAY TO  
ORGANIZE A SPACE PARTY?



## NEXT STEPS: TO INFINITY... AND BEYOND!

**Thank you** for being a part of this group study! We hope the content and conversations were helpful as you seek to live a life *with* purpose *on* purpose. Take some time in the coming days to reflect on the decisions you made around these different areas for growth. We are never finished growing and there is always space for another step.

If Highlands can help in any way, please let us know. Send an email, connect with us on **the HUB (hf.church/HUB)**, or talk with a group leader. We would be happy to share any resources you might need, connect you with a group, or answer any questions you have. If you missed any of the messages in our THRIVE series, you can find all of those messages (both video and audio) on our website (**hf.church**).



**THE HUB >>>**



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