

# I Don't Matter - You Have Purpose | LEADER GUIDE

## Resources for leading through this series

We met with some mental health professionals to come up with tips and resources for how to approach this series as a small group leader. You can find helpful insight on how to think of your role as a leader, things to say (and not say), as well as many other resources to help people in your group who may be struggling at [242community.com/mental-health](https://242community.com/mental-health)

## new leader tip

Acts 2|42 says: *“They devoted themselves to the apostles’ teaching and to fellowship, to the breaking of bread and to prayer.”* This means that studying scripture and discussing our weekend teaching are really, really important! And so are... fellowship, eating, and prayer! Be intentional about all aspects of building a biblical community.

## INTERACTIVE

**You will need small chocolates for everyone in your group for this.** You will also need to prepare the [audio](#) or print out the [script](#) prior to group (links in the lesson as well)

Mindfulness is an activity that improves general mental health and reduces levels of anxiety. It's all about being fully aware of what's around you. Brother Lawrence applied this same sort of mental practice to his relationships with God and the world. He called it “Practicing the Presence of God.” Since this is new to many people, chocolate is a fun and easy introduction.

## SCRIPTURE AND DISCUSSION QUESTIONS

*There are many verses that drive the same point this week: we were created for the purpose of bringing glory to God with our entire lives. That is the general calling of all humanity. Our specific calling is to use our gifts, talents, personality, experience, money, relationships, etc. (whatever we do) for God's glory.*

*The goal of the discussion is to help people recognize our purpose is to glorify God with everything we are and have and do. Then help them identify their next step in making that true in their specific circumstance.*

## go deeper

*Jeremiah 29|11 is one of the most misused portions of scripture in talking about personal purpose. It has been used as a way to promote everything from a prosperity Gospel (because it contains the word prosper) to a health and wealth message (because it includes a promise ‘not to harm you’). If you want to go deeper with the concept of purpose, take some time to study the context of all of Jeremiah 29 and discuss what God is really trying to communicate in verse 11. How can God's intention with this promise more properly provide hope for us today?*

## NEXT STEPS

*Keep track of people's “next step.” Throughout the week(s) you and your apprentice can encourage and ask people about their next steps. This will remind them to keep taking steps, it will help strengthen your leadership of the group, and it is a really important reminder for apprentices to practice.*

## EXTRA INFO

**StepOne:** if anyone in your group hasn't attended Step One, you can find the time and [RSVP here](#)

**Rooted** is beginning soon! You can find more specific information about your campus start date [here](#)

**Share what your group is doing for outreach!** SuperBowl Sunday and Night to Shine are great upcoming opportunities for your group to plan something where you can invite “the one.”

# Mental Health And The Lies We Believe

week of **January 29**

## ICE BREAKER QUESTION

What was your dream job or goal as a kid?

## SMALL GROUP INTERACTIVE | MINDFULNESS AND THE ART OF EATING CHOCOLATE

Hand out a piece of chocolate to everyone in your group.

Lead your group through “Mindfulness and the Art of Eating Chocolate.” You can either [read this](#) to your group, or [play this audio](#). This should take 5-10 minutes total.

Ask what everyone thought about the experience?

How might practicing mindfulness help us connect with God more deeply?

**this week’s big idea:** *sometimes we believe the lie that we don’t matter, but the truth is that God gives us all purpose.*

*What do you remember most, or what stuck with you from the weekend’s teaching?*

## SCRIPTURE + DISCUSSION QUESTIONS

**Read: Isaiah 43| 7, Colossians 1| 6, 1 Corinthians 8| 6**

1. *What do these verses say about purpose?*
2. *What are some ways beyond Sunday that we can live for God’s glory?*

**Read: Matthew 28|19, Colossians 3| 23-24**

3. *What do these verses say about our purpose?*
4. *What is the difference between the general purpose of humanity and our specific purpose as unique individuals?*
5. *Would anyone be willing to share what they feel is their specific purpose in life?*
6. *How could practices like mindfulness or meditation help you notice how God uniquely created you to work for Him in all you do? (next steps)*

## PRAYER

Ask if anyone has updates on past prayer requests and if there are any new things the group can pray for.