

**FINDING THE GOOD LIFE  
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**LIFE GROUP  
DISCUSSION GUIDE**



# Finding the Good Life

## SERIES OUTLINE

An 80-year study into what makes us happy has led to a firm and clear conclusion: if you want to live a good life, invest in relationships.

‘Since 1938, [the Harvard Study of Adult Development](#) has been investigating what makes people flourish. After starting with 724 participants—boys from disadvantaged and troubled families in Boston, and Harvard undergraduates—the study incorporated the spouses of the original men and, more recently, more than 1,300 descendants of the initial group. Researchers periodically interview participants, ask them to fill out questionnaires, and collect information about their physical health. As the study’s director (Bob) and associate director (Marc), we’ve been able to watch participants fall in and out of relationships, find success and failure at their jobs, become mothers and fathers. It’s the longest in-depth longitudinal study on human life ever done, and it’s brought us to a simple and profound conclusion: **Good relationships lead to health and happiness.** The trick is that those relationships must be nurtured. Over and over, over these 75 years, the study has shown that the people who fared the best were the people who leaned into relationships, with family, with friends, with community.’

This longitudinal study has revealed three things:

1. Social connections are really good for us and a lack of them causes us harm
2. It’s not the quantity of your relationships but the quality of your close relationships that matters
3. Good relationships don’t just protect our bodies, they also protect our mental wellbeing

These findings from nearly 80 years of research tell us the same thing the Scriptures have been telling us over the past two thousand years—**we are created for community, in loving relationship with God and other people.**

In Luke 10:27, Jesus gives his followers the greatest commandment of all *Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind*; and, *Love your neighbour as yourself.*

Each of the four weeks of this series will focus on a different relationship, starting with the importance of our relationship with Jesus. It’s a series that will look to how we invest into our faith, our families, our friends and our future.

Living the good life is up to us and our investment into relationships with the people around us. If those relationships are strained or broken, it doesn’t have to stay that way; if you’re lonely, it doesn’t have to stay that way; if your family is a mess, it doesn’t have to stay that way. In this series, we’ll discover that as we invest into relationships with Jesus, He can paint a picture of the possibilities for a truly good life.

# Week 1

## Finding your 'plus one'

To love and to be loved is core to our flourishing as humans. For most, this finds expression in the context of marriage—the most intimate relationship two humans can experience. Having a happy and healthy marriage is certainly part of the good life. Jesus surprises us with the revelation that the key to a great marriage is putting Him before your spouse. To live the good life, and to live it *forever*, He must be our first 'plus one.'

### Before you start

- Listen to the song [Make Room](#) by Community Music
- How are you making room for Jesus to be at the centre of your life and all your relationships?

### Read Ephesians 5, thinking through these questions as you read.

- What verse/verses or themes immediately stand out to you? Why?
- What does this passage tell us about Jesus?
- What does this passage tell us about our relationships with one another?
- What is the Holy Spirit saying to you through Scripture?

### Discussion questions

- How does having Jesus at the centre of your life make you a better partner/spouse?
- What are some specific examples of what sacrifice might look like in a relationship? How does Jesus' sacrifice on the cross prepare us to lay down our life for one another?
- We often look to the world to fill us, yet the Bible tells us that it's only Christ that can fill us. What things get in the way that fill us with things not of God?
- Think back to the lyrics of the song [Make Room](#). How are you making room in your life to be filled with Christ, rather than the things of this world, or even the person we love?
- What is the prayer you have for your spouse/partner? What is the prayer for their life, their faith, their future?

### Solo date night

- Carve out some quality time with the Lord (go on a bushwalk, put on some worship music, do a spiritual retreat day, spend the day in silence listening to God).

### Double date night

- Organise a date night with your spouse or significant other that helps you connect.
  - Ask questions about faith, friends, family, future.
  - Organise regular times, just the two of you to connect/reconnect over the things that matter.

# Week 2

## Finding home

God's vision for families is that they would be places where each member flourishes, learning and growing to know their purpose and calling in the world. Living the good life means investing in healthy and loving relationships with each member of your family.

Ephesians 6 and Colossians 3 give a glimpse of God's vision for families. These passages speak to each member of a household about their role within their family. The book of Proverbs is packed with wisdom and counsel for families, giving more clarity to God's heart. How are you contributing to your family to make it align with God's vision?

### Before you start

- Check out the story of the [Internet's Dad](#)
- Rob is motivated by his faith and his past to invest into other families with the basics of life. How can you invest into your own family and other people around you in your unique way?

**Read Ephesians 6:1–4 and Colossians 3:18–21, thinking through these questions as you read.**

- What verse/verses or themes immediately stand out to you? Why?
- What does this passage tell us about Jesus?
- What does this passage tell us about our relationships with one another?
- What is the Holy Spirit saying to you through Scripture?

### Discussion questions

- What is your role in your family and how are you contributing to God's vision for your home?
- What picture does Psalm 127 paint about family and children?
- Are you raising kids who will be weapons for God's Kingdom? How are you teaching, encouraging and reinforcing this in your household?
- What are the family values of your household? If you've never intentionally come up with some family values, what are some of the things that you value about how your family lives together?
- What is your vision for your kids? How are you helping them to find the good life when things aren't good or they're not winning?

### Family Date Night

- Set aside some time together each week to have a family dinner and discuss your family values.
- Expand your quiver (Psalm 127). Who can you be family to who doesn't have a family connection? Set aside intentional time with them and begin to make deep connections.

# Week 3

## Finding your tribe

God saves us and places us in His family—the church. The church is not an event or a building, but the people of God 'living different' in this world. (Matthew 5:13–16; reference to 1 Peter series). Faith is certainly personal, but it's not meant to be private. Faith in Jesus finds expression in community, and we should invest in that community if we are to live the good life.

### Before you start

- Check out this famous Renaissance painting by Tintoretto of the Last Supper and [watch this video](#) about the painting. The questions for this session are in the video.



**Read Acts 2:42–47, thinking through these questions as you read.**

- What verse/verses or themes immediately stand out to you? Why?
- What does this passage tell us about Jesus?
- What does this passage tell us about our relationships with one another?
- What is the Holy Spirit saying to you through Scripture?

### Tribe date night

- Meet with your tribe (life group, old school friends, your people, your crew) and share the Lord's Supper together. Include the option of meeting some place different.
  - If your life group usually meets in a home, meet outside or in a restaurant.
  - If your tribe normally meets socially, gather in a home for a home cooked meal.
- As you serve each other ask "who is missing out?" Who can you invite into your tribe?

# Week 4

## Finding your seat in the grandstand

As we grow older, a major part of the good life is passing good things onto the next generation. God doesn't see a divide down generational lines—He sees all of us together as His people in this moment!

No matter what age you are, we all have wisdom to pass onto others who are also growing in their faith. We're never too old, we're never too 'done' to intentionally invest into someone else and be their greatest supporter!

### Before you start

- Check out this short video about being the [First Follower](#).
- Who are you championing as their first follower? How do you cheer them on and support them as they grow in their own faith and in their own God-given talents?

### Read Hebrews 10:22–25 and Hebrews 11, thinking through these questions as you read.

- What verse/verses or themes immediately stand out to you? Why?
- What does this passage tell us about Jesus?
- What does this passage tell us about our relationships with one another/generations?
- What is the Holy Spirit saying to you through Scripture?

### Discussion questions

- We all need mentors. Share something wise a mentor has passed onto you that you've held dear.
- Who are two people you are mentoring or investing into? Share who they are and the potential you see in them. Pray for your two together as a group.
- If you are someone who has been running the race for Jesus a long time, how can you deliberately model your faith both publicly and privately?
- Read Psalm 71:17–19 and Psalm 78:1–4. What does this tell us about passing on the baton? Who else in your own generation can you inspire to also pass the baton on to a younger generation of Christians?
- Brainstorm some ideas of how you can cross the generational divide to cheer on and encourage others around you, or those who are coming after you?

### Generational date night

- Intentionally have dinner with people from different generations than you. At dinner, take turns encouraging one another by telling each other how that person has encouraged you.
- Take photos of individuals and the whole group at dinner, then post that picture (in the mail or on socials), edifying and encouraging them.