

LifeGroup Study

The Life You Were Made For : The Voice In Your Head

SERMON SUMMARY

Many of us know our failures so intimately that we treat ourselves with contempt, working ourselves into the ground and speaking to ourselves in ways we'd never speak to a friend. But the gospel says you are flawed yet fundamentally valuable, God's own craftsmanship. You can't build a life if you're destroying the builder. This week is about ending the war against yourself and learning to receive God's gentle restoration.

KEY VERSE

Romans 8:1 – *Therefore, there is now no condemnation for those who are in Christ Jesus.*

SERMON NOTES

<https://bible.com/events/49671431>

DISCUSSION GUIDE

1. What idea from this week's sermon caught your attention?
2. Read 1 Kings 19:3-4. Elijah had just won one of the biggest spiritual victories in the Bible – then sat under a broom tree and prayed to die. Why do you think exhaustion and despair so often hit right after our biggest efforts? Have you ever had a "broom tree" moment?
3. Read 1 Kings 19:5-8. God's first response to Elijah's despair wasn't a lecture or a correction – it was sleep and a hot meal. What does that tell us about how God views our physical needs? What's one basic need (sleep, food, rest, movement) you've been treating as optional?
4. Read 1 Kings 19:9-13. Elijah expected God in the wind, the earthquake, and the fire – but God came in a gentle whisper. As someone learning to follow Jesus, what does this teach you about how He tends to meet you in your lowest moments?
5. Read Psalm 139:13-14. David writes, "I praise you because I am fearfully and wonderfully made." When you hear that said about you personally, do you agree or argue? Where did you learn to talk to yourself the way you do? Does your inner voice tend to be gentle or harsh?
6. In John 21 Jesus restores Peter with breakfast, not a lecture. He simply says, "Feed my sheep." What does Jesus' gentleness toward a failed disciple teach you about how He is discipling you through your own failures?
7. Read Luke 15:11-24. The prodigal son rehearsed his speech – "I am no longer worthy to be called your son" – but his father ran to him before he could finish. What "I'm no longer worthy" script have you been rehearsing? How does the Father's response rewrite it?
8. You'd probably care for a struggling friend far better than you care for yourself. Where's the biggest gap between how you treat others and how you treat you, and what's one step to close it?
9. Read Psalm 42:5. This psalm shows David preaching to his own soul: "Why, my soul, are you downcast?" What would it look like for you to speak truth to your soul this week instead of just listening to negative thoughts?

CLOSING PRAYER

One at a time, turn to the person on your right, place a hand on their shoulder, and speak, "You are fearfully and wonderfully made" (pause) "and you are loved by God."
After going around the circle, have someone close in prayer.