

LIFEGROUP LEADER GUIDE

The Life You Were Made For

Week 1: The Good Life

Key Scripture: Genesis 1:31a

“God saw all that he had made, and it was very good.”

BIG IDEA

Life tends to feel like it is falling apart when we are trapped in either **chaos** or **tyranny**.

As people created in the **image of God (Imago Dei)**, we are called to be dynamic mediators who bring God's good order into the world around us. Organizing our calendar, caring for our home, establishing healthy habits, and creating rhythms of life are not legalistic attempts to earn God's favour. They are ways we respond to God's grace and reflect His character.

And we don't do this alone. **Jesus is the one who holds all things together.**

OPENING PRAYER

Leader: Begin by inviting everyone to take a moment to slow down and become aware of God's presence.

Prayer:

God, thank You that You created us on purpose and that You call your creation good.

Thank You that our lives don't have to be perfect for You to be present and at work in them. When life feels chaotic, help us find your peace. When we become rigid, controlling, or exhausted, help us learn to trust You.

As we talk together tonight, give us honesty, humility, and grace. Help us listen well to one another and recognize the ways You are inviting each of us to grow.

Jesus, You are the One who holds all things together. Help us surrender the things we are trying to control and trust You with our lives.

Show us one practical way tonight to follow You more faithfully.

In Jesus' name,
Amen.

GETTING STARTED

1. What ideas from the sermon caught your attention?

Leader Insight:

This is intentionally broad. Give people an opportunity to identify what God may have been highlighting for them rather than immediately directing the conversation.

Listen for themes such as:

- Chaos vs. tyranny
- Living on "the edge" or in the healthy growth zone
- Bringing order to life
- *Imago Dei* — reflecting God's image
- Good vs. perfect
- Keeping our eyes on Jesus
- Surrendering control
- Growing spiritually rather than becoming stagnant

Leader Tip:

Don't feel the need to comment on every response. Sometimes the best leadership is simply asking, "**Tell me more about that.**"

2. CHAOS, TYRANNY OR THE EDGE?

We often navigate life in one of three modes:

Chaos — feeling out of control, anxious, or drifting

Tyranny — feeling burned out, rigid, or stagnant

The Edge — the healthy, dynamic growth zone

Question:

Thinking of your typical week, which zone do you tend to be in?

Leader Insight

The goal isn't to label ourselves permanently. Most of us move between these zones depending on the season of life.

Chaos can happen when we lack healthy rhythms, boundaries, planning, or stability.

Tyranny can happen when our desire for order becomes control. We can become so committed to schedules, routines, productivity, or expectations that there is no room for grace, relationships, rest, or the unexpected work of God.

The Edge represents a place where there is enough structure to provide stability but enough flexibility to allow for growth, relationships, and dependence on God.

The key question isn't simply, "**Am I organized?**" It is, "**Is the way I'm living helping me follow Jesus?**"

Follow-Up Questions

- What tends to push you toward chaos?
- What tends to push you toward tyranny?
- What would moving one step toward "the edge" look like this week?

Application

Invite everyone to identify one small adjustment they could make to create healthier rhythms this week.

3. REFLECTING GOD'S IMAGE THROUGH ORDER

Read Genesis 1

In this chapter God creates order from chaos. We are called to do the same as His image bearers.

Question:

How does viewing tasks like scheduling, organizing, cleaning, or establishing healthy routines as acts of "reflecting God's image" change your perspective?

Leader Insight

We often divide life into "spiritual" and "ordinary" activities.

Prayer, Bible reading, worship, and church feel spiritual. But Genesis reminds us that God Himself brings order, creates, names, separates, fills, and cultivates.

That means seemingly ordinary things can become expressions of discipleship.

Planning your week can help you make room for people.

Cleaning your home can create a welcoming environment.

Establishing healthy routines can help you care for the body God has entrusted to you.

Managing your calendar can help you become intentional about your priorities.

Important: This isn't about becoming obsessed with organization.

The point isn't **"Get your life perfectly organized."**

The point is **"How can the way I order my life help me love God and love people?"**

Follow-Up Questions

- Which "ordinary" task have you never thought of as spiritual before?
- What is one area of your life that could benefit from a little more healthy order?
- How could that order create more space to love God or love people?

Leader Reminder

Be careful not to let this conversation become a productivity seminar. **The goal is formation, not efficiency.**

4. GOOD DOESN'T MEAN PERFECT

Read Genesis 1:31

God declared His creation "good," not a static, rigid "perfection."

Question:

Where in your life have you let the impossible demand of "perfection" keep you from taking simple steps toward what is "good" and sometimes messy?

Leader Insight

Perfectionism can disguise itself as excellence, but underneath it can sometimes be fear:

- "If I can't do it perfectly, why start?"
- "If I can't fix everything, there's no point."
- "If my family can't get it together, I've failed."
- "If I can't maintain this habit perfectly, I might as well quit."

But God's declaration that creation is **good** gives us permission to embrace progress.

A good marriage doesn't mean a conflict-free marriage.

A good home doesn't mean a spotless home.

A good spiritual life doesn't mean we never struggle.

A good habit doesn't mean we never miss a day.

Good can be messy and still be good.

Follow-Up Questions

- Where does perfectionism show up most often in your life?
- What is one "good enough" step you could take instead of waiting for perfect circumstances?
- How might grace change the way you approach your weaknesses?

Application

Ask:

"What is one small step toward good that you've been putting off because you were waiting for perfect?"

5. KEEPING OUR EYES ON JESUS

Read Matthew 14:22–33

Peter stepped out of the boat toward Jesus, but began to sink when he shifted his focus toward the wind and waves.

Question:

When daily chaos starts rising in your home or workplace, what does it practically look like for you to keep your eyes fixed on Jesus rather than getting overwhelmed by the environment?

Leader Insight

Notice that Jesus didn't tell Peter there would be no wind or waves.

Following Jesus doesn't eliminate the chaos around us.

Instead, Jesus gives us someone to look toward **in the middle of the chaos**.

Keeping our eyes on Jesus isn't simply thinking positive thoughts. It can involve practical spiritual habits:

- Pausing to pray before reacting
- Asking, "Jesus, how do You want me to respond?"
- Repeating a Scripture
- Choosing not to respond out of anger or fear
- Taking a moment of silence
- Asking someone to pray with us
- Remembering God's character when circumstances feel unstable

Follow-Up Questions

- What kinds of "wind and waves" most easily distract you?
- What is your typical reaction when life feels out of control?
- Which spiritual practice helps you refocus on Jesus?

Leader Tip

Keep this practical. Ask:

"What could you actually do in the first 60 seconds when chaos begins?"

6. JESUS HOLDS ALL THINGS TOGETHER

Read Colossians 1:15–17 and Matthew 11:28–30

Jesus is the Creator and Sustainer who holds our lives together when our personal strength fails.

Question:

In what specific area of your life are you currently trying to "hold everything together" in your own strength instead of surrendering that responsibility to Jesus?

Leader Insight

This may be one of the most vulnerable questions of the study.

There is a difference between **responsibility** and **control**.

God gives us responsibilities, but He never asks us to be God.

Sometimes we carry:

- Our children's future
- Our marriage
- Our work
- Our finances
- Other people's opinions
- A difficult relationship
- Our ministry
- Our own spiritual growth

We can faithfully do our part while recognizing that **God is responsible for what only God can do.**

Matthew 11 is especially important here. Jesus doesn't simply say, "Work harder." He invites the weary to **come to Him**.

Follow-Up Questions

- What does "holding everything together" look like for you?
- What are you responsible for—and what are you trying to control?
- What might surrender look like in this particular situation?

Leader Tip

Don't rush to solve someone's problem.

Sometimes the most pastoral response is:

"That sounds heavy. Thank you for sharing that."

Then pray for the person.

7. WHEN WE STOP EXPECTING THINGS TO CHANGE

Question:

Is there an area of your life—a habit, a situation, or a person—where you've secretly given up on expecting things to get better?

What would it take for you to trust that God is still at work there?

Leader Insight

This question moves from external order to **hope**.

Sometimes chaos becomes so familiar that we stop believing change is possible.

We may think:

- "This is just how I am."
- "This relationship will never change."
- "I'll always struggle with this."
- "Things will always be this difficult."

The gospel gives us reason to believe that **God is still at work**, even when we cannot yet see the outcome.

Trusting God doesn't mean pretending everything is okay. It means bringing our disappointment, frustration, and uncertainty to Him rather than concluding that He is finished.

Follow-Up Questions

- What makes it difficult to keep hoping?
- How have you seen God work in an area that once seemed hopeless?
- What would one small act of faith look like?

Leader Insight

Don't pressure people to disclose something deeply personal.

It is completely appropriate for someone to answer generally.

8. INVITING GOD TO STRETCH US

Because God is infinite, walking with Him always offers new depths to explore.

Question:

What is one area of your walk with God where you have settled into a rut, and how can you invite Him to stretch your faith in new ways this season?

Leader Insight

Spiritual maturity isn't simply knowing more about God. It involves continually responding to God.

A spiritual rut can look different for everyone:

- Prayer has become routine.
- Bible reading has become mechanical.
- Worship has become passive.
- We rarely serve outside our comfort zone.
- We haven't shared our faith in a long time.
- We have stopped asking God to change us.
- We know what we believe but aren't taking new steps of faith.

The goal isn't to chase novelty. **Spiritual growth comes from deeper dependence on Jesus.**

Follow-Up Questions

- What spiritual practice has become routine rather than relational?
- Where might God be inviting you to take a step of faith?
- Who could encourage or challenge you in that step?

Application

Invite each person to complete this sentence:

"This season, I believe God may be inviting me to _____."

CLOSING REFLECTION

Give the group 60 seconds of silence.

Ask everyone to consider:

Where am I right now?

Chaos?

Tyranny?

The Edge?

Then ask:

What is one small step God may be inviting me to take toward the good life He created me for?

LEADER TAKEAWAY

You don't have to fix your whole life this week.

Help your group identify **one small, faithful step**.

The goal isn't a perfectly ordered life.

The goal is a life that increasingly **reflects the goodness of God, depends on Jesus, and makes room for Him to work.**

Follow Jesus. Love God. Love People.