



7 DAYS

TO CHANGE YOUR LIFE

FIND FOCUS THROUGH INTENTIONAL LIVING

JOSH MOODY

GROUP DISCUSSION GUIDE

A DAY FOR HOPE

DISCUSSION QUESTIONS

1

What are your hopes and dreams? How closely do they match the sure hope that is offered to us in Christ?

2

How could you seek first the kingdom of God in practical ways? With the person you are and the abilities God has graced you with, what could you, in God's power, most do to glorify God?

3

Would you spend a moment now asking God to fill you with his hope? *Lord, may I sense the hope of Christ, the coming certain hope of the Resurrection, and the power of the Resurrection in my life. I confess that oftentimes I feel hopeless and as if my life has little purpose. I surrender my life (again) to you and put my life in your hands.*

A DAY FOR LIFE

DISCUSSION QUESTIONS

1

What is it that makes you feel most alive? Take a moment to write down the activities and people that give you a sense of life and fulfillment. Think of how much God—the Almighty, Glorious, Beautiful, Holy, All-Knowing, All-Wise, Ruler of All—and your personal relationship with God is what it means truly to be alive.

2

That which kills and steals and destroys—sin, evil—is that from which we need to turn in repentance and faith. Would you do that in your own personal life? Would you put to death the deeds of the flesh in order to follow Christ who is your life?

3

How much time do you spend on things that are merely “entertainment” (pastimes) and not truly life-giving or reflective of what is the real life, which is to develop your relationship with God and with those around you? Spend some time now assessing your life goals based on the priority of God and his kingdom.

A DAY FOR TRUTH

DISCUSSION QUESTIONS

1

We live, it is said, in a “post-truth” world. What does “the truth” mean to you? What do you think it means that Jesus is the Way, the Truth, and the Life?

2

Intellectual truth, the worldview of the Bible, is compelling once grasped in its coherent sense. Do you find the truth of God to be persuasive? Does that truth impact how you live on a daily basis?

3

The truth will set you free. Are there areas of your life, known only to yourself and God, that are not integrated with who you claim to be or who other people think you are? Deception is a trap. Take stock of your life, confess the truth about God and yourself, and bring your life into line with the truth of Christ.

A DAY FOR FREEDOM

DISCUSSION QUESTIONS

1

People today think of freedom as doing whatever you like whenever you like (as long, perhaps, as that does not hurt other people's ability to do the same). But is this actually a sufficient definition of *freedom*? Are there certain choices that people make that lead them into personal, individual, habitual slavery?

2

How would you describe the Bible's view of freedom? Do you think freedom is being who you were always made to be?

3

If the Son sets you free, you shall be free indeed. Whoever sins is a slave to sin. It is easy to think that selfish, sinful, evil behaviors are free choices, but according to the Bible, they are manifestations of a basic slavery to sin. Would you ask Christ to set you free that you might be free indeed?

A DAY FOR HUMILITY

DISCUSSION QUESTIONS

1

Humility is perhaps the least popular Christian virtue. And, arguably, the most important, if it is taken in combination with love, humble love. What is the difference between negative self-talk and being humble? How can you have a true and positive view of yourself and also be genuinely humble?

2

The trouble with many of us, it is said, is not that we think we are too special but that we spend so much time thinking about ourselves altogether. Spend some time making a list of things and people that you could focus on and have fill your mind instead of yourself. Write down some of the characteristics of Jesus and pick three of those characteristics to focus your mind on today.

3

Who was the most humble person you have ever met? Were they happy?

A DAY FOR GREATNESS

DISCUSSION QUESTIONS

1

Andy Warhol once said, “In the future, everyone will be world famous for fifteen minutes.” These days many people seem to define “Greatness” by appearances on TV or followers on social media, in other words by celebrity. How would you distinguish celebrity or fame from greatness?

2

If, as Jesus taught, true greatness is servant greatness, how can we serve people without become victimized by people who have a negative agenda? Can you both be a servant and say no to people’s unacceptable demands? How does Jesus in his life show us sacrificial greatness without being a “pushover”?

3

Who is the greatest person you have ever met? Was that person famous? If so, what, aside from their fame, made them great? If they were not famous, what does that say about the nature of greatness? Would you ask God to help you pursue true servant greatness at home, at work, and at school?

A DAY FOR GLORY

DISCUSSION QUESTIONS

1

Glory is, someone once said, the one indisputable goal of the human race. Do you think he was right? What is it that you glory in—yourself, your family, your career, or God?

2

The weight of glory is said to outweigh even the horrors of our present sufferings. Would you confess to God how hard it is to accept that truth and ask him to show you more of the glories of himself and of heaven that you might be freed, if not from the suffering itself, at least from the suffering of thinking that there is no better reality?

3

There's a fight to be fought and a race to be run; there are dangers to meet along the way. How does focusing on glory help you realize that each step of the journey is more than worth it? Do you think the person who gains everything in this life but loses his soul has made a good bargain? What will you be thinking about on your deathbed? How can you prepare yourself now so that that moment is sweet as you look forward to glory?