

WEEK 1

Why am I here?

February 21



(~90 minutes needed)

In this series, we'll be taking an intentional dive into some of the most important questions we can ask as human beings. They have to do with God, our existence, meaning, purpose, suffering, salvation, and more. For your group discussion to flourish, it is paramount that your people in your life groups access the weekly content and think through the reflection questions ahead of time and even consider some of the resources sent out each week. You'll have time in these guides to give each person reflection time on the questions, but conversation will be best if people do most of their thinking beforehand.

Begin with 1-3 minutes of silence + prayer (1-3 minutes)

As you begin your gathering, spend a minute or two together in prayerful silence. Then, after a few moments of quiet centering, have a specified person in the group pray for your time together.

Read this overview (1 minute)

It seems as if in life there are fundamental questions that we all entertain, either consciously or subconsciously, to make sense of our world. Questions like...

- Is there a God?
- Do we have free will?
- What's wrong with the world?
- What is the "good life" and how do I live it?
- Is there life after death?

And whether we're aware of it or not, we all operate with some sort of answer to those questions.

This week, we're reflecting on the question: "Why are we here?"

A question like this is important to consider because your answer will actually determine a lot of things in your life. Our design determines our identity and our purpose. If we were designed or created by our loving Creator God, then that gives meaning to an otherwise meaningless life.

Every person will have to wrestle with the question of, "Why are we here?" You may have an answer in your mind, but your heart may be thinking something totally different. That's okay. Know that your questions are welcome. Your doubts are okay. God is not surprised by your questions. He invites them.

That's part of what this series is all about.

Personal reflection (10-15 minutes)

Give everyone about 10-15 minutes to sit with God and reflect on the question, "Why am I here?" Actually have people write out their thoughts on the questions below. *You'll want to have some pens and paper ready for people to jot down any thoughts that they have.*

Have people reflect on the following questions:

- What are your thoughts about the question, "Why am I here?" How does thinking about that question make you feel?
- Have you wrestled with that question before? When? What was your conclusion?
- How would you answer that question if someone asked you?
- How does your answer to that question impact your everyday living?

Debrief these questions in triads (30 minutes)

Split your group into smaller triads to share their thoughts on the questions above.

Once the personal reflection time is completed, have everyone come back into a large group to share about their triad discussion, to read Scripture, and to debrief the sermon.

Gather as a large group for discussion (30 minutes)

Once you have debriefed your personal reflection time, spend time in the Scripture below as well as debriefing the sermon from this weekend. *There are lots of questions here, so feel free to pick a couple as you see fit to guide the discussion.*

- What were some of the things that came from your smaller group discussions that stood out?

(Have each person go around and share one thing that stood out to them from their smaller group discussions. Feel free to ask adjacent questions following up on people's responses.)

- How did the sermon this past weekend deepen your faith? How did it challenge you?
- What new questions did this message raise for you? What new insights did it bring?
- **Read Ecclesiastes 1:1-11.** What kind of mindset does the writer of Ecclesiastes have here? When was a time in your life where you felt similarly? Describe that. What helped you get out of the mindset of the writer of Ecclesiastes?

- Do you feel like your life has meaning and purpose? If yes, what is it? If not, why not? How have you wrestled with that question throughout your life?
- **Read Genesis 1:26-31; Genesis 2:15.** What do these verses tell you about God's intention for humanity? What do these passages inform you about your designed purpose?
- **Read 2 Corinthians 5:17-20.** What do these verses tell you about God's intention for His people? What do these passages inform you about your given purpose?
- What other questions does the question, "Why am I here?" or, "Why are we here?" raise for you that you feel like need to be talked about?
- What is one key takeaway from tonight's conversation that you need to do or think more about?

Finish with prayer (10 minutes)

Like each week, finish your group session with prayer. You might designate someone in your group to write down everyone's prayer requests and then send them to the whole group for everyone to be praying about through the week.

- What is on your heart that you need prayer for?
- Who in your life needs prayer?

Have someone close your time together by interceding for the requests that were shared.