



FREEDOM TO FLOURISH

BIG IDEA: We are called to not just be “Christians” (i.e. people who believe in God) but to be fully committed, fruitful disciples of Jesus. We have been set free by God to live lives that bring Him glory, bring us our greatest fulfilment and show the world what life really is.



Week 1 – Chose life and Chose glory

FORMING CONNECTIONS

If you didn't do so last week, spend some time thinking about the word *flourishing* - what does it mean? How does a person flourish?

How would you describe your current pace of life? What seasons of life have you lived at a pace that felt life-giving? What did it look or feel like?

BIBLE STUDY

The Bible asks some fundamental questions: who are you living for? and whose glory are you seeking?

1. READ the story of John the Baptist

John 1:19-27, 3:22-30 and Matt 6:14-16.

Q: Was John successful in his life?

Q: How did he describe his purpose?

Q: How did Jesus describe John? Luke 7:28

2. READ what Jesus had to say about our life and our purpose.

John 3:36, 10:10, 8:32 and 14:6,12.

Jesus came to bring us salvation and abundant life but not just so we would feel superior. His calling is much greater.

READ Luke 9:23-26 – called to follow Him

Q: What did it mean for the disciples to follow Jesus? Immediately and then later.

Q: What does being a disciple look like for us?

PERSONAL REFLECTION

What are you doing to deepen your relationship with Jesus?

NEXT STEPS

The secular idea of "human flourishing" is about finding meaning from within – pursuing our dreams, realising our true selves, living our best lives.



What should flourishing mean for us practically? Is it a function of age or life stage? What could you do this week to grow as a disciple of Jesus?

ACTION

Spend some time praising God that He sent Jesus to bring us life. Think of some practical things we can praise God for? Then spend a few minutes asking God to show you how you can be a better disciple.

FUN TASK: Ask one of the group to look up the word 'flourish' in the bible in several translations (or they could just consult openbible.info/topics/flourish) and provide a summary.