

MESSAGE BIG IDEA

You have a purpose.

SCRIPTURE

Ephesians 2:10, 2 Corinthians 1:3-4

ICEBREAKER & OPENING THOUGHT

1. What's something you do for yourself when you need a pick me up?
2. We are made to matter. In his letter to Christ-followers in Ephesus, Paul reminds us that that God created us with a purpose in mind. Have you ever found yourself wondering at your purpose, or if you even have one?

BIBLE DISCUSSION

3. Read Ephesians 2:10. What does Paul mean when he says we are created to do good works?
4. Read 2 Corinthians 1:3-4. What are we asked to do with our experience and times of tribulation?

LIFE APPLICATION

5. You are created for a purpose. Paul says you are "created in Christ Jesus to do good works." That's your purpose. God created you to do good works that are aligned with the greater good he wants to do in this world. Can you see where some of your experience, and maybe suffering, has positioned you to be a comfort or strength to others? How does it feel when your past trials are the very thing which gives another hope?
6. Just as important is to recognize when we are struggling ourselves. Before we can be a comfort to others, we have to receive comfort ourselves. What trials in your life are you experiencing where you need some comfort or strength?

CHALLENGE

Lead the group in a time of prayer. Think for a moment about some of the most difficult times in your life. Maybe it was a season of depression, or a time of hardship and loss, or an ongoing struggle with anxiety or a mental illness. Whatever it is for you, imagine that you are holding that season or that experience or that hardship in your hands. Put your hands out and imagine holding your deepest pain. Then, hold it up as an offering to God. Will you let him bring purpose from your pain?

NEED HELP? Check out our Mental Health Resources Page at communitychristian.org/mentalhealth