

MADE TO THRIVE

Created for More

TIPS TO A SUCCESSFUL GROUP

- **MAKE GROUP A PRIORITY.** Communicate in advance when you will be unable to attend by either calling and/or texting your host or responding to the zoom email invitation by accepting or declining. This will help your host to plan accordingly, especially if it is an in-person small group gathering.

FROM SURVIVING TO THRIVING

ICEBREAKER

If you could take a one-week break anywhere, where would you go? *(Examples: somewhere in nature, somewhere with amazing food, visit family, etc.)*

INTRODUCTION

Life often feels like we're just trying to get through the week. But Jesus never intended us to barely hang on. He wants us to experience a whole and thriving life. Our soul, our mind, our relationships, our work, even our physical body can thrive through God's blessing and provision. But many of us live out of balance, overdeveloping one area of life and neglecting others. This week, we'll go over how to live life to the fullest by surrendering every part of life to God.

READ |

The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.
— John 10:10 (NIV)

In Greek, the word Jesus used for life is “zoē.” It doesn't just mean breathing or existing in a physical sense, but **life that comes from God Himself**. Many people today are physically alive but emotionally drained, spiritually numb, relationally distant, or physically exhausted. God didn't design us for burnout, but for a purposeful and rewarding life. No matter how overwhelming our situations are, God is willing and able to bring peace if we invite Him into our lives on a daily basis.

Where do you most feel like you're just *surviving* instead of thriving? (Examples: work stress, parenting exhaustion, financial pressure, feeling spiritually dry, etc.)

READ |

Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.
— Mark 12:30 (NIV)

Jesus lists four foundational parts of life: **Heart** (emotions and desires), **Soul** (spiritual connection with God), **Mind** (thoughts and focus), **Strength** (physical life and actions). When these become imbalanced, certain areas of our life can be neglected. Someone may have a strong career but weak relationships, or good physical health but emotional burnout. Thriving begins when we invite God into every part of life, not just one part or one day a week. That might look like slowing down long enough to talk honestly with God, diving into His Word, caring for the body He's given us, or choosing presence with people instead of constant distraction. Alignment with God leads to a more well-rounded, thriving life.

Between *Heart, Soul, Mind, and Strength*, which area do you sense God may be inviting you to pay more attention to right now?

READ |

Therefore, if anyone is in Christ, he is a new creation. — 2 Corinthians 5:17 (ESV)

Following Jesus is not about “trying harder” to follow rules and regulations, but about **becoming a new creation**. This new life begins as we continually surrender our old ways to Him. Many shy away from the word “surrender” because it can feel like loss, such as losing control, comfort, or independence. But in reality, surrendering to God allows us to escape a life that quietly controls us through pressures, bad habits, fear, and busyness. By surrendering, we are not losing control. **We are entrusting our lives to a better Leader, Jesus**. As we invite Jesus into our decisions, relationships, and priorities, we begin to experience the new life He promised. God's goal is not to control us, which is why He gave us free will, but to restore us and shape our lives into what He originally intended.

Have you ever given up control to Jesus in an area that was difficult for you? What were the results? (Examples: surrendering an addiction, letting go of unforgiveness or bitterness, committing time to Jesus instead of a distraction, etc.)

WHAT WILL YOU DO?

Try one simple step this week.

- **Start a Daily 3-Minute Reset.** Once a day pause and pray: “*God, please align my heart, soul, mind, and strength with You and Your will.*”
- **Commit to Community.** Attend Sunday Services and Small Group for the next 5 weeks to help you thrive!

CLOSE IN PRAYER:

Dear God, thank You that You didn't create us to simply survive life. Through Jesus, You offer a life that is full, whole, and restored. Please help us surrender every part of our lives to You so we can experience the life You designed. In Jesus' name, amen.



Make Time to be in God's WORD

Reading God's Word daily re-patterns the way you think & transforms your mind. Doing your daily devotions is an excellent way to record, process, & share what God is teaching you on a personal level. We do this using S.O.A.P.

- S** - Scripture
- O** - Observation
- A** - Application
- P** - Prayer

Here's an example:

S: *Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.' "*

--Matthew 4:4 (NIV)

O: Jesus said that we can't live on food alone. Our life is sustained through His Word.

A: Just as food is important to me, God's Word is even more because it will sustain me and give me the strength to live out my life.

P: Jesus, thank You for reminding me that I need Your Word to give me the wisdom & strength to follow You. Help me to make time to spend with You daily. In Jesus' name I pray, amen.

SCRIPTURES FOR S.O.A.P

Day 1:

Take delight in the Lord, and He will give you the desires of your heart.

— Psalm 37:4 (NIV)

Day 2:

Come to Me, all you who are weary and burdened, and I will give you rest. Take My yoke upon you and learn from Me... For My yoke is easy and My burden is light.

— Matthew 11:28–30 (NIV)

Day 3:

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—His good, pleasing and perfect will.

— Romans 12:2 (NIV)

Day 4:

But seek first His kingdom and His righteousness, and all these things will be given to you as well.

— Matthew 6:33 (NIV)

Day 5:

Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.

— Colossians 3:23–24 (NIV)