

## **Life Group Notes**

### **How can I make the most of the rest of my life?**

Please see video that was shown on Sunday:

<https://www.youtube.com/watch?v=yTXPhpC7uk8>

***Read Romans 12.***

1. D. H. Lawrence said: "If we could have two lives: the first one in which to make our mistakes... and the second in which to profit from those mistakes." There are no dress rehearsals. What would you change in your life, if you could?

2. Read Romans 12:1-2. What do you think Paul is actually telling us when he encourages us to "offer our bodies as living sacrifices"? [Read these verses in various translations]

- ~ *Why should we offer our lives as living sacrifices?*
- ~ *What does it mean to offer our lives as living sacrifices? (see The Message)*
- ~ *What is God's response to this?*
- ~ *How are we to offer our bodies as living sacrifices?*
- ~ *What is the wonderful benefit for those who live such lives given over to God?*

3. Do you feel the pressure to conform? If no, was this always the case? Why do people feel pressure to conform?

4. "People don't expect perfection from us, but they do desire authenticity!" How should this realisation change us? Why do people sometimes wear masks? Do you ever wear masks? (...though I guess that a negative answer might itself be an example of mask-wearing!)

5. Toby's commented: "When you realise that God loves you just as you are, you can drop the mask and just be yourself." In which ways to people sometimes promote or project a certain image of themselves? Why does being authentic enhance our relationships with other people? (or conversely, why are people sometimes frightened away when we try to impress others with our strengths and abilities?)

6. Did you find Stott Harrison's story inspiring, and why? What is the challenge or lesson for us all?

7. Is making money a bad thing? Why or why not?

8. How would you in a few words answer the question: "How can I make the most of the rest of my life?"