

MADE FOR MORE

OPENING QUESTIONS - Use this question to connect with others in your group:

What was the best trip you've ever taken?

KEY POINTS - take a minute to review the key points from this weekend's message

1. When it comes to our environments and how we respond to conflict, there tends to be two common responses:
 - a. Internalize - I must be cause the of the problems and so the solutions are in myself, or
 - b. externalize - Everyone else is the problem, and if everyone else would get their junk together, then my life would be ok.
2. For an internalizer, they tend to think of community as: doing it because other people need me
3. For an externalizer, they tend to think of community as: doing it because I need other people
4. 3 things that we all need for human flourishing:
 - a. Freedom
 - b. Meaning
 - c. Community
5. Two things we observe about the creation account:
 - a. God created Adam with the need for another human being – God created Adam and then gave some operating instructions – it is not good for you to be alone.
 - b. This was prior to sin entering the world–this was not a flaw, it was an intentional aspect of human design.
6. Limbic resonance: we often embrace the emotions of others.
 - a. Kids crying after a fall are good examples of this
7. Limbic regulation: our emotions can change based off of the emotions of others around us
 - a. When others around us are okay, we tend to feel better

SCRIPTURES USED IN THIS MESSAGE: Genesis 2:15-25, Acts 2: 42-47

RESPOND

Was there anything that stuck out to you about the message? Was there something that was hard, confusing, or something you really resonated with?

Which do you think best relates to you? An internalizer or an externalizer? Why?

Other than family, what is your closest community? Do you feel it's important? What makes it special?

Do you have any experiences of limbic resonance or limbic regulation? If so, share an example with the group.

Out of the three things listed for human flourishing, which one do you struggle with the most? Do you think anything else should be added to that list?

APPLY

How can you better invest in the community you have around you? Where do you want to have a deeper connection with others but don't? Brainstorm ideas of these places and what they might look like.

PRAY