



# TALK IT OVER

## BETTER ONE HANDFUL - WEEK 2

Talking through the message during the week helps you turn what God is saying to you into action steps. As you lead your group through this Talk It Over study guide that is based upon this week's message, be sure to watch the Week 1 *Better* video at <http://resources.lifechurch.tv> or at <http://www.youtube.com/lifechurchtv>. This video features teaching and questions from Craig that go deeper into his message. Be sure to go over the next steps and memory verses with your group that are listed at the bottom of this page. These resources will help you and your group engage with the message all throughout the week.

### Icebreaker:

- Which is better: early morning or late night? In other words, are you an early morning person, or a late night person?

Read these additional one handful Bible verses: Proverbs 17:1, Ecclesiastes 6:9, and Proverbs 15:16.

### Craig's Better Questions:

- Define the top one or two things that are most important to you. Explain why.
- What is it that you need to let go of so you can fight for what matters? How can you cut back? What can you throw out or turn off?

### Here are a few additional questions to consider:

- Describe a time when you simplified or downsized something in your life. How did that impact you?
- How different do you think your life would be if you focused on living with just one handful instead of two?
- What do you think will be the hardest part of cutting back, throwing out, and turning off those things that don't really matter?

## NEXT STEPS

Here are some specific things you can do this week that will help you work towards living a better life and engaging with this message throughout the week.

Begin reading The Better Plan on YouVersion this week at <http://www.youversion.com/reading-plans/the-better-reading-plan>. During this 28-day plan you will dive deeper into this series by looking at what God's Word says about the many ways you can go from living just a good life to living the kind of better life that God desires for you. This week you will read passages from the Bible that explain why it's better to have less of what doesn't matter and more of what does.

Take time to memorize this week's and next week's Better memory verses. These verses are listed to the right. Be prepared to recite your verses next week with your group or at least one other person. Also encourage your family and friends to join you as you memorize these verses. Use this as an opportunity to share God's Word with them.

## MEMORY VERSES

### Better Week 2 Memory Verse:

*Better one handful with tranquility than two handfuls with toil and chasing after the wind.*

**Ecclesiastes 4:6 NIV**

### Better Week 3 Memory Verse:

*How much better to get wisdom than gold, to choose understanding rather than silver!*

**Proverbs 16:16 NIV**