

Talking through the message during the week helps you turn what God is saying to you into action steps. These talking points, questions and scriptures are designed to help you take the next step. If you are leading a group through this guide, don't feel like you have to answer every question. Pick out the questions that will stir up conversation and action among your group.

- What is one of your biggest life dreams that you hope to accomplish?

With your Bible or YouVersion, read James 4:13-14, Proverbs 19:21 and Jeremiah 29:11.

These verses tell us that life is short; and even though we do not know what life has in store for us, we do know God has designed His plans to prosper us and give us hope.

- In what ways do you see life passing you by?
- What dreams remain unfulfilled in your life? How have you handled that disappointment?
- Where do you find hope and encouragement during times of disappointment? Explain.

Read Job 30:22.

This verse shows us that the journey of life is full of storms and God uses these storms to teach us.

- What is one major storm that you have faced in life? What did God teach you during this storm?
- In what ways is life not turning out the way you had originally expected?
- Life is not about the destination, but the journey. What does that statement mean to you?

Read Psalm 118:24.

This verse reminds us to appreciate each day that the Lord has created and given to us.

- Why do we often overlook what matters most in life?
- What are some things you can do to better appreciate and rejoice in each day God gives you?

NEXT STEPS

Here are some specific things you can do this week to help you overcome the disappointments of life and focus on what matters most:

In the movie, Carl discovers Ellie's childhood scrapbook, which contains photos of their life along with a note thanking him for the "adventure" they lived together. Consider making a scrapbook of your entire life or a particular season of your life. This scrapbook can serve as a reminder of what is most important in life, and can foster gratitude for the blessings God has given you.

If you are in the midst of dealing with disappointment or the letdown from unfulfilled dreams, take some time to talk it over with someone else. Allow them to speak words of encouragement into your life. Also, pray and ask God for His encouragement and strength. Spend time thinking about Jeremiah 29:11. Ask God to renew your hope and vision for the future.

Talk It Over with God:

- Take time to thank God for all of the blessings He has given you. Rejoice and praise His name.
- Tell God about your disappointments. Ask for His strength and encouragement.
- Commit to God that you will remember what is most important in life. Commit to keeping your focus on Him.
- Share your hopes and dreams with God. Seek His will in how best to accomplish your dreams.
- Pray over any storms you are facing in life. Ask God for His strength during this time. Be open to whatever He is trying to teach you.