



Journey Church

Fully Satisfied

February 4, 2024

What matters most?

Exodus 20:3-4, Deuteronomy 6:4-5, Matthew 22:37, Philippians 3:8

A rule of life = An intentional, conscious plan to keep God at the center of everything we do.

God designed each of us with a spiritual hunger that can only be satisfied by him.

Ecclesiastes 1:8, Matthew 4:1-11, Genesis 3:4-6

- **An idol: Anything we hope to give us what only God can give.**
Ezekiel 14:3, 2 Corinthians 11:3, Exodus 32:1

The curse of an idol:

- **It creates an insatiable hunger.**
- **It is deceptively good.**
- **It is exhausting.**

Questions/Topics for this week:

1. How can we ensure that our lives are centered around God? Are there any habits you've created or rhythms you keep that have created a "rule of life," to keep yourself centered on God?
2. How would you personally define an idol? How can we identify potential idols in our life?
3. Why do you think it's tempting for us to turn to idols instead of relying solely on God?

Be Intentional:

Write down your own rule of life, outlining the things you do on a regular basis to ensure you're growing closer to God and honoring him with your life. (It can be as simple or as detailed as you would like it to be). Share these with one another in your group.

Pray:

Spend time praying together. What are some ways in which you can pray for each other? Take some time in the coming week to explore ways in which you can encourage one another. Remember to share with your group what you are learning about those opportunities and reflect on God's Word as you pray for each other.