

Living a Significant Life

Key Verse – Jeremiah 29:11

For I know the plans I have for you,” says the Lord. “They are plans for good and not for disaster, to give you a future and a hope.

- God created you for His own pleasure, and we are made to enjoy God.
 - When we focus on “significance” or “success” as defined by the world, we will never have enough. We will always feel “less than” no matter how much we achieve.
 - Do you give yourself permission to just enjoy God? Is that enough?
- Too often, we try to determine our purpose or significance by comparing ourselves to others. We are trying to measure up to an arbitrary standard.
- The key to finding your significance is discovering who God made YOU to be.
- To find significance in your life, you have to be willing to try something out even if it does not seem like a “perfect” fit.
- How do you live a meaningful life during and after addiction?
 - Relationships – who are the people you care about?
 - Hobbies/Fun – what activities do you care about?
 - Ministry – what impact can you have on others?
 - Goals/Vision – where is God taking you? What are your dreams?
- How do you move from a place of feeling insignificant to a sense of real meaning in life?
 - **Develop** – relationships with God and with people. Reach out! Take time out of busyness.
 - **Do** – try something new! Go for a walk, draw a picture, write a story, etc.
 - **Donate** – give of yourself with time or resources to serve others for Jesus!
 - **Dream** – if nothing could stop you, what would you do with your life? Which obstacles can be removed?
- Start with ONE piece. Call ONE friend, try ONE new hobby this week, OR sit and write down your dreams on paper. Just do one new thing, starting with the easiest.

Questions:

- What gives purpose and meaning to your life?
- Share about a time when you felt like you had no purpose. What helped you through that time?
- Of the four areas described at the top, in which do you feel you have a strong sense of significance? Which areas can you work on?
- What are the obstacles that prevent you from living a significant life?