

IS THIS IT? RESETTING LIFE AFTER LOCKDOWN

Session 2: When it delivers too little

1. Dissatisfaction | “Why am I still not happy?”

- Searching for the whales of satisfaction...
- What’s your “one thing”?
- Philippians 4 v 11-12

- **Get your perspective right**
 - Philippians 3 v 17-21

- **Know what you’re looking at**
 - Philippians 1 v 20 – a win-win equation
 - To live is Christ...
 - To die is gain...

Discuss/reflect:

- a) What “whales of satisfaction” are you chasing, or have done in the past, to make you happy? What about the people around you?
- b) Which side of the “to live is Christ and to die is gain” equation are you most likely to lose sight of? How does that relate to your sense of dissatisfaction?
- c) What do you love about Jesus?

2. Relational longing | “Where did all my friends go?”

- Stage of life pressures
- Lockdown pressures
- Philippians 2 v 1-4

Discuss/reflect:

- a) How has the last 18 months affected your experience of church, and your relationships more generally?
- b) What would it look like for you play out Philippians 2 v 1-4 in your context? What’s one thing you want to go away and do/remember/pray about as a result of this seminar?

3. “So is this it?”

- Philippians 3 v 10-14