

FACILITATORS GUIDE

THE ME I WANT TO BE

Part Three: Renewing My Mind (chapters 7-10)

Welcome + Prayer

Check-in with each other using **Table Topics** (or something else if you want)

Book discussion:

- 1) On p. 81, Ortberg writes, “Spiritual growth doesn’t mean a life of doing what I *should* do instead of what I *want* to do. It means coming to want to do what I should do.” His point is that human beings are desiring creatures and that desire is far more powerful than obligation. Ask your group, is Ortberg right that growth comes from our desire and not from our obligation? How might obligation and desire work together to form us into flourishing people?
- 2) Ortberg suggests that in addition to God using our desires to form us, our thoughts are equally important in our formation as flourishing people. He challenges us to consider feeding our mind with “life-giving thoughts.” Ultimately, Ortberg points to scripture as the most life giving source of all. On pgs. 105-113 he outlines how to be fed by scripture: 1) read with curiosity, 2) read with integrity, 3) read with expectancy, 4) read with an active mind, 5) read the way you watch a movie, and 6) try to memorize it. Spend some time going over these different ways to read scripture. Ask your group, which of these comes easiest for you? Which is most difficult? Which yields the most fruit in your life? What regular practices of reading scripture do you engage?
- 3) In the chapter on worry, on p. 124 Ortberg points out that “hearing messages about how God will take care of us is not by itself sufficient to remove anxiety from our life.” Instead, he encourages us to engage in certain actions; we will need to step out and trust. Ask your group, in what way have you observed this to be true? In what ways do the members of your group experience God as a non-anxious presence?

Before closing the discussion, make sure to ask your group if there is anything else that stuck out to them from the book.

Closing Prayer

**Share prayer needs with one another and commit to praying for one another*