

# FACILITATORS GUIDE

THE ME I WANT TO BE

## **Part Two: Flowing with the Spirit (chapters 3-6)**

### Welcome + Prayer

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

*\*If hosting a new group, this is a great time to make sure everyone introduces themselves*

### Book discussion:

- 1) A flourishing life *is* possible, says Ortberg. But not by our own power. On p. 36 he writes, “This life is not something we produce; it exists independently of us. It is the Spirit of God.” Ortberg points out that when we take the approach of just trying harder, we end up in a cycle of fatigue and guilt. On page 38 he outlines this cycle. Ask your group: Does this cycle seem familiar with your experience? If you were to answer right now, where are you in the cycle?
- 2) Instead of trying harder, Ortberg suggests that we should flow with the Spirit. He writes on p. 39, “The only way to become the person God made you to be is to live with the Spirit of God flowing through you like a river of living water.” Ask your group: How does the Holy Spirit flow through a person? How would Ortberg answer this question? How have *you* experienced the flow of the Holy Spirit in your life?
- 3) On p. 50 Ortberg writes, “God has a plan for me that he wants me to be. It will not look exactly like his plan for anyone else, which means it will take freedom and exploration for me to learn how Gods to grow me. *Spiritual growth is hand-crafted, not mass-produced. God does not do “one-size-fits-all.”* Ask your group: Do you know the best ways you learn and grow? What works for you? What doesn’t? How would you respond to Ortberg’s question, “What brings you life?” Spend a moment comparing the different and unique ways God is forming the people in your group. What themes seem to emerge as your group members share?
- 4) Ortberg thinks that surrender is at the center of a healthy spiritual life. He writes on p. 66, “Surrender means that I will seek to handle the problem facing me in a way that honors God. The options that look attractive to me - avoiding, evading, gossiping, blasting – I relinquish to God.” Ask your group: In what ways – major or minor – has God asked you to surrender? What fruit have you seen from it?

*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*