

FACILITATORS GUIDE

THE ME I WANT TO BE

Part Five: Deepening My Relationships (chapters 15-18)

Welcome + Prayer

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

Book discussion:

- 1) In Chapter 15, Ortberg says that “God wants to give us sanctuary, and that there is a unique way in which we experience the presence of God when we are alone.” *Discuss with your group the places where you most closely connect with God.*
On p. 175, he asks, “Do you think Jesus prayed a lot because he *wanted* to pray, or because he thought he *should* pray?” He suggests that simply inviting Jesus to be with us as we pray can change our perspective on prayer. *Discuss the toughest obstacles to prayer for you, and how your prayer life could look differently.*
How might those random thoughts that seem to pop into our heads during prayer actually be those which we need to lift up to God?
- 2) In Chapter 16, Ortberg describes **fellowship** (p. 182) as “a word for the flow of living water between one person and another, and we cannot live without it.” He goes on to say, “we flourish when we are connected with God and people, and we languish when we are disconnected.” *Have your group go through the “connectedness inventory” on page 193, and discuss your answers with one another as comfortable.*
- 3) In Chapter 17, p. 199, Ortberg writes, “I cannot be fully loved unless I am fully known. To be fully known and fully loved is the most healing gift one human being can give another.” Ortberg says that people who give life to us are people who notice us, and when we work to truly love and observe another person, in our self-forgetfulness our own soul flourishes. *On p. 202, answer the questions at the bottom of the page, and then discuss as you are comfortable.*
- 4) In Chapter 18, Ortberg says, “we all have difficult people in our life, but God can use them to help you become the best version of you.” When we trust Jesus with our challenging relationships and insert prayer in difficult situations, we begin to realize that only God can touch the deepest part of another person and enact change. *Discuss how the difficult people in our lives can actually help us reach our full potential and become the best versions of ourselves.*

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*

