

FACILITATORS GUIDE

THE ME I WANT TO BE

Part Six: Transforming My Experience (chapters 19-21)

Part Seven: Flowing From Here On Out (chapter 22)

Welcome + Prayer

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

Book discussion:

- 1) On p. 219 Orberg asks, “So how do we find God in our work? How do we allow our work to move us toward the person God wants us to become?” He describes the concept of “flow” as being swept up by something outside of ourselves. He says we are working in the Spirit when we experience flow in activities that enhance and bless the lives of those around us. What tasks or activities cause you to feel this sense of engagement? Considering that your work is a huge part of God’s plan for your life, how this might change your approach to your daily activities?
- 2) In Chapter 20, Ortberg suggests that the best version of ourselves is built by serving. He reminds us that Paul encourages us in scripture to always do our best work, and work from our hearts for our ultimate master, Christ. Discuss ways to creatively bring God into your work, no matter how menial the task. Discuss the chart on p. 230 together.
- 3) In Chapter 21, Philosopher Robert Roberts describes three attitudes we can hold as we look toward our futures: hope, despair, and resignation. Ortberg suggests that the best version of you is a hoper, because the Spirit of life is a spirit of hope. Ortberg outlines four ways in which God can grow us in adversity: 1) Rising to a challenge reveals abilities hidden within you that otherwise would have remained dormant; 2) Adversity can deepen relationships; 3) Adversity can change your priorities about what really matters; 4) Adversity points us to the Hope beyond ourselves. How have you experienced adversity leading you to growth in any or all of these areas?
- 4) In Chapter 22, Ortberg suggests that in working to solve problems and overcome challenges we become the person God wants us to be. “Every problem is an invitation from the Spirit and when we say yes, we are in the flow,” he says (p. 247). Ortberg suggests that “asking God for a glorious burden” can transform your life as you allow the Spirit to lead you into adventure. Do you sense any new calling or challenge to which God is inviting you?

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*