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## DISCUSSION GUIDE

The Discussion Guide has three parts:

- Discussion Questions
- Episode Summary
- Tips & Guidelines for Hosting Discussion

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# New Life:

## How can I make the most of the rest of my life?

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**Q1**

### If you could go back in time and give your past self some advice, what would you say?

#### SUPPORTING QUESTIONS

- What do you think the younger version of yourself would think about you today?

**Q2**

### How have you felt pressured to fit in?

#### SUPPORTING QUESTIONS

- This session talks about the way of Jesus being different from the ways of this world. What do you think about that idea?
- Have you ever noticed yourself making a decision to do something just because the people around you were doing it?

**Q3**

### How do you feel about the idea that God has a purpose for your life?

#### SUPPORTING QUESTIONS

- Do you think a relationship with God should impact our actions and the way we live?
- Do you find it hard to trust God (or someone else) with your future? Why or why not?

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## MORE QUESTIONS

*(Lots of groups leave 10–20 minutes after the episode is done for more conversation.)*

- How did you feel about this episode?
- Did anything from the episode stand out to you?
- What do you think about the idea of “making the most of your life?”
- How do you feel about the idea of having a “fresh start” in life?
- In the previous session, how was your experience during the time of prayer on being filled with God’s Spirit?

*\*If appropriate you may wish to offer an opportunity for the group to pray for each other.*

# Episode Summary

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## BIG IDEA

A relationship with God changes everything. Because of God's great love for us, we can live a new life! No matter what kind of past you have had, God invites us to make the most of the rest of our lives. The new life that God invites us into is a life lived in response to his love.

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## KEY QUOTES & SCRIPTURES

If only we could live two lives: the first in which to make one's mistakes, and the second in which to profit by them.

**D.H. LAWRENCE**

Don't let the world around you squeeze you into its mould.

**ROMANS 12:2, J.B. PHILLIPS**

Therefore, I urge you, brothers and sisters, in view of God's mercy, [in view of everything God has done for you] to offer your bodies as a living sacrifice, [in other words, offer every part of your life] holy and pleasing to God – this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is – his good, pleasing and perfect will.

**ROMANS 12:1-2 NIV**

... anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!

**2 CORINTHIANS 5:17**

But seek first his kingdom and his righteousness, and all these things will be given to you as well.

**MATTHEW 6:33**

## Tips & Guidelines for Hosting Discussion

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### GUIDELINES FOR THE GROUP

- You don't have to talk if you don't want to
- You can ask or say just about anything  
*(as long as you aren't putting other people down or making it so others can't talk)*
- Respect each other by listening and welcoming different opinions
- Keep things confidential when you leave the group

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### TIPS FOR HOSTS & HELPERS

- Remember names
- Pray
- Be committed
- Show up early to welcome guests
- Stay long enough to chat with guests afterwards
- Keep the conversation alive and balanced
- Be encouraging
- End on time
- If time allows, debrief with your Alpha team to celebrate wins, chat about challenges and share prayer requests