

## **The Lost arts - Connect group notes**

### **Week 1 - The Lost art of navigation (4 ways to make better decisions)**

#### **Start talking**

Give some examples of things you feel we've lost the art of these days....

*Maybe map reading, being still, reading books!!*

This week we are looking at the lost art of navigation especially when it comes to making good decisions.

#### **Start digging deeper**

- During this season how have you found the process of decision making?
  - There is a buzz phrase at the moment, 'decision fatigue' would you identify with that?
- Read the scripture around Abraham, Hebrews 11 v. 8-12

- What do these verses say?
- What stands out for you from these verses?
- What impacts you about faith from these verses?

Now discuss the points raised around decision making in the context of a faith in an unseen God..

- In what ways does following a compass rather than trying to read a map help us?
- In what ways does knowing your identity help you make better decisions?
- In what ways does thinking about the future help you make better decisions in the present?
- In what ways does handling your emotions well help you make better decisions?

#### **Start praying and listening to God**

Create some space for worship such as a reflective media piece....

Encourage people to share where they feel challenged around decision making and navigating life right now....

Pray and speak into each other's lives....be bold and share what you feel God might be saying...