

## Connect group notes summer 2022 - Making the most of It

### Pick a Starter

- 1) Share a funny story of something you have done or said that you wished that you hadn't?
- 2) Thinking about your life journey so far – What has been a standout lesson you have learnt that has helped you make the most of life that you would want to pass on to others ?
- 3) Share a book you have read, film you have watched or a quote that has been helpful to you.

At the start of this series we looked at living a life with no regrets. The phrase make hay while the sun shines gives a picture of Farmers who cut, gather store hay while dry because moisture would ruin it. In reality this means making the most of every opportunity. We only get one life; life is short so how will we make the most of it!

### Read and discuss

**Life is too short to make foolish Decisions**      Read - Ephesians 5:15-17

How do you make wise decisions what helps you?

What questions do you ask that are helpful in decision making? Give examples of when you have used these questions

**Life is too short to hold on to what is holding you – letting go**

Read Deuteronomy chapter 2 verse 2 - Then GOD said, "You've been going around in circles in these hills long enough; go north

How do we let go of the things that have held us back?

The soul is healed through union with God – what does this mean for us?

Read 1peter 5v7, Ephesians 3 v 16-19, Psalm 23

**Life is too short to miss it**

We can miss it because we get distracted – what distracts you? How can you deal with your distractions?

We can miss it – by being too comfortable , being too risk adverse – what steps have you taken out of your comfort zone that ended up being life enhancing to you and others. Are there any steps you need to take but you have been putting off?

**Prayer** - Play the song –Story I'll tell. Thank God for this life you have been given and what he has already done in and through your life. Pray for one another particularly for anything that has been shared from this evening Use the prayer space newsletter (link below) and pray for summer opportunities

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