



MASQUERADE

Experience Life. For Real.

Discussion Notes October 17, 2010

Masquerade series – Part 3: Unmasking Our Chaotic Lives

Review it

A lot of us are living two lives and we have a face for each of them: outwardly we display our got-it-together face, which masks an inner private life that's often filled with pain. In this series we'll learn to stop the masquerade and get help- the help that comes when we're honest and vulnerable with our loving, healing God.

Discuss It

1. [Read Luke 21:34] Describe a time when your life was characterized by anxiety or dissipation. Synonyms for dissipation include: indulgence, corruption, decadence, depravity and dishonesty. How did a “chaotic life” contribute to this heaviness of heart?
2. [Read Job 9:25] Even when the day is sunny, cloudless and clear, we may overlook God's blessings and waste our time on tasks that are trivial and temporal. Share a time when your life looked like Job's. What could you have done to slow down the pace and see more joy?
3. When our lives are chaotic, we become scattered, reactive, frantic and stressed. Which of these characterizes your life in times of chaos? As a group, share ways that each of you have learned to be more orderly (less scattered), plan more carefully (less reactive), slow the pace (be less frantic) and live more calmly (less stressed).
4. There is a link, says author Patrick Lencioni, between running a successful organization and managing a busy family. From an organizational standpoint, a family needs to have cohesive leaders and a clear plan with focus, and constant communication, no different from a business. Which of these areas do you excel in at work? How can you apply these practices to your family (or for singles, to your personal life)?

5. [Read Prov. 90:12] Pastor Chris highlighted the Three Big Questions of a Frantic Family from Patrick Lencioni's book. In answering the first question, Pastor Chris said that his family "does church" and "does family." Take some time to share what you believe are your two or three defining family traits. (The challenge will be to not all name the same values or to feel pressed to conform with the group.).

Think on It

This week, pray several times through Ephesians 5: 15-17. What does it look like in your life to "be careful how you live, to live wisely, to make the most of every opportunity, to understand what the Lord's will is"?

Act on It

As Pastor Chris said, "stressed" spelled backwards is "desserts!" So this week, try at least three times to let feelings of stress be a trigger for you to do something "sweet" for yourself and those you love—eat ice cream, tell a joke, sing a song or give a hug. Be ready to share next week what happened to your stress when intentionally turned it inside out.