

# Choosing a Satisfied Life

## Getting to Know You:

Share your High (best part) and Low (worst part) of this past week with the group.

## Going Deeper:

As humans, we are body, soul and spirit – which of these areas of your life would you say is the healthiest right now? Which one is not as healthy as the others?

Read Psalm 1:1-3 – these verses give us some principles that guide us towards being satisfied in our body, soul and spirit.

- Verse 1 – **Set healthy boundaries.** This can apply to relationships, habits, work, rest, any and every area of our lives. What are some healthy boundaries that you currently have that you are thankful for? What are some things you may need to remove from your life, areas where you have yet to set boundaries?
- Verse 2a – **Delight in the right things.** What is one thing you take pleasure in that is good and healthy? What is one thing you enjoy that you may need to get rid of? Read Philippians 4:8-9 for guidelines on what is right and good.
- Verse 2b – **Protect your mind.** Read Colossians 3:1-3. Allan stated that we act in negative ways because our thought processes are not right. According to this passage, how do we change our minds?
- Verse 3 – **Plant yourself for nourishment.** Allan pointed out that many of our struggles are not from poor mental health, but from negative things we allow into our hearts and minds that decay us. What negative influence have you allowed into your life in the past, and how did your life change for the better when you removed it?

Read Psalm 1:4-6. According to this passage, what benefits will we experience for applying the 'principles of the satisfied life' from verses 1-3?

**Taking it Home:** This week, read and meditate on Philippians 4:4-9. Choose to repent of and remove things that are unhealthy, and add things that lead to the promised satisfied life.