# **Sermon Based Small Group Questions**

This is Us: Aging and Dying... With Awareness



### Share your Bless Rythmns

#### **Opening question**

- 1. How do you picture your retirement?
- 2. How do you feel about aging? How about dying?

#### **Going Deeper Questions**

- 1. Sid quoted, "Old age is a series of loses". How do you react to this quote? Christian psychologist, Henry Cloud contends that few business leaders (or anyone else) receive any training in how to lose. Has this been your experience? Why is it important and how does relate to aging?
- 2. Sid shared this quote: "It's not dying that people are running away from so much as getting older and weaker." What do you think? In John 3:30 John the Baptist says, "He (Jesus) must become greater; I must become less." How can this passage be true in our aging? How can aging be an increasing surrender to God? What gets surrendered? How can Jesus become greater in this?
- 3. Read John 21:17-19. How could this passage be read to understand aging?

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4.	Read 2 Corinthians 4:7-12. How do you see yourself as a clay pot or earthen vessel? What is the treasure inside?
5.	What does retirement tied to a vision of God's call on your life look like? How does culture picture retirement? Why is this picture inadequate?
6.	Read Psalm 103:14-16, Psalm 144:3-4, Psalm 90:12. What do these passages have in common? How can they help us live better? Should we be talking more directly about death? Explain.
7.	Read James 4:13-17. What practical advice does this passage give us about living and dying? Why is this so important?
8.	Read Hebrews 11:23-28. What is essential in this passage? How can this be applied to our day to day living?
9.	Sid shared this quote: "It would seem that Our Lord finds our desires not too strong, but too weak. We are half-hearted creatures, fooling about with drink and sex and ambition when infinite joy is offered us, like an ignorant child who wants to go on making mud pies in a slum because he cannot imagine what is meant by the offer of a holiday at the sea. We are far too easily pleased." — C.S. Lewis, The Weight of Glory, and Other Addresses. How do you react to this quote? What implications does it have on the way we live? What is the 'infinite joy'?
10	Read 2 Corinthians 6:18. How do we tend to define our identities in this life? What problems does this create? What do these passages say about our true identity? How is this a comfort as we age and die?

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## **BLESS Rhythms**

**B**LESS: This is the practice of blessing another person. It can be big or small (buying coffee, encouraging text/email, etc.). Who have you blessed this week?

LISTEN: This is the practice of listening, both to God and to others. *How did you set time aside this week to be a listener?* 

**E**AT: This is the practice of sharing food with people. This can happen in a home or in a coffee shop. Who are you eating with/inviting into your home?

**S**PEAK: This is the practice of speaking our faith. It can happen through encouragement, story sharing, and evangelism. *How have you spoken your faith this week?* 

**S**ABBATH: This is the practice of resting from work and taking time to rest and enjoy creation. How are you practicing Sabbath this week?