

REFRAMED

SAME
SITUATION.



GOD'S
PERSPECTIVE.

REFRAMING OUR WHY



DINNER TABLE DISCUSSIONS

FOR THE FACILITATOR

Welcome to **REFRAMED**, a journey of discovering God's perspective on our current challenges.

Encourage the group to take turns reading and answering questions.

You will be asked questions on the topic. The readings do not answer the questions but point you in the direction of the answers. After you have finished the readings on a particular question, open the floor for the group before going onto the next question.

Example:

Question 1

Readers

Discuss question

Question 2

TOPIC: REFRAMING WHY

Sermon audio: outlookchurch.co.za/sermons/286

What is so important about knowing our **why**?
Secondly, do I need one?

Whether we like it or not we always have a reason for doing the things we do. Our why is what defines our way of thinking, our objectives, and our actions. Everything from your habits and beliefs to the way you treat others can come from your why. It's the very reason you do it!

Peter tells us the importance of having the right why in one of his letters:

1 Peter 3:15

But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect,

Question #1: Have you found your *why*? The reason you do what you do, the reason for the choices you make.

Your ***why*** is what defines you or drives you. There is always a reason for the way we think, speak, and act. When we don't have our own why it is very easy to take on someone else's why.

Everything from songs and media, to books and political laws will play a role in shaping your ***why***. If your ***why*** is not built on a solid foundation then it becomes easy for the world to give you a why of its own. That is why Peter emphasizes how important it is that you are ready to give an answer as to what your ***why*** is.

READER 4

Question #2: Which areas of your life does Jesus need to repair, restore and replenish so that He truly is your *why*?

When we don't have the right ***why***, we can do damage to ourselves and others. For us there is only one ***why*** that really matters and that is Jesus. When we turn from Jesus and place our hope in something else it does damage to our hearts, minds, and souls. This may look different depending on what we base our why on.

READER 5

Your ***why*** can be many things from a successful career to a happy family. But it is only God's peace that will guard your heart and mind. Jesus is the only ***why*** that will ever bring you contentment.

Philippians: 5: 6-7

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 7 Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

READER 6

When we haven't made Jesus our **why** we end up in some very dark moments. Psalms 23 speaks of difficult times as walking through the valley of death. But oftentimes we end up camping in the valleys as opposed to walking through them.

Question #3: Can you identify a moment in your life where you were camping in a valley of darkness as opposed to walking through it?

In moments like these only God can get us out of these dark valleys. There are many reasons we may end up in a valley. You may have stopped

doing what God has asked of you, or possibly you've let go of your relationship with God because of other idols in your life.

READER 7

Romans 12:2 2

Don't copy the behaviour and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

SHARE YOUR HIGHLIGHT

Take turns sharing what stood out to you the most from what we read. What stood out to you and *why*?

ACTION STEP

What action step can you take to respond to God's Word?

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in the Reframed Journey, visit:

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