

# How to Live Your Best Life

## Small Group Discussion Guide

"How to Live Your Best Life" -- Pastor Mirek Hufton

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### 1. SERMON RECAP

In this message, I shared that Jesus didn't just come to save us -- He came to make our lives genuinely better. Drawing from Ephesians 4, I unpacked what it means to "walk worthy" of our calling, which is about balancing what God has done for us with how we actually live each day. The pathway to your best life runs straight through a love-centered lifestyle built on humility, gentleness, long-suffering, and forbearance toward one another.

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### 2. KEY SCRIPTURE

#### Colossians 1:10 (NKJV)

"That you may walk worthy of the Lord, fully pleasing Him, being fruitful in every good work and increasing in the knowledge of God."

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### 3. ICE BREAKER

What is one small habit or routine in your daily life that genuinely makes your life better -- something simple that you'd recommend to anyone?

(Keep it light and fun -- this is just to get everyone talking!)

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### 4. DISCUSSION QUESTIONS

#### Question 1 -- Opening the Word

In the sermon, I described the word "worthy" using the image of a balance scale -- the idea that what God has done for us should be balanced by how we live for Him. When you think about everything Jesus went through for you personally, how does that picture change the way you see your everyday choices?

#### Question 2 -- Going Deeper

I talked about humility as "the spirit that never takes offense." That's honestly a high bar! Think about a recent moment when your pride was touched by something someone said or did. Without naming names, what did that moment reveal about where you are in your walk with humility?

### **Question 3 -- Getting Personal**

Gentleness, or meekness, is strength under restraint -- like a powerful horse responding to a gentle touch on the reins. Where in your life right now do you feel God asking you to hold back a reaction that you're fully capable of making? What would it look like to choose gentleness in that situation?

### **Question 4 -- Connecting the Scriptures**

John 1:4 tells us that "In Him was life, and the life was the light of men." And Philippians 3:20 reminds us our true citizenship is in heaven. How does remembering where you really belong -- and Who your life actually comes from -- help you handle the daily friction of relating to difficult people?

### **Question 5 -- Real Talk**

I mentioned that about 90% of the time, when someone steps on your toes, they don't even realize they did it. Has there been a time when you chose to just "let it pass" instead of addressing an offense -- and it actually brought you more peace? Or has there been a time you wish you had? What did you learn?

### **Question 6 -- Pulling It Together**

I challenged the group to speak out loud: "The love of God is in my heart, in Jesus' name." What does it practically look like for you to lead from your spirit rather than your emotions when things get tense at home, at work, or even here at church? What's one thing that helps you regroup?

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## **5. APPLICATION CHALLENGE**

This week, identify one specific relationship -- a coworker, family member, neighbor, or friend -- where you have been reacting from pride or emotion rather than love. Every morning for the next seven days, speak this declaration out loud before you interact with them: "The love of God is in my heart. I choose humility and gentleness today." Then, at your next group meeting, come ready to share one moment where that declaration actually made a difference in how you responded.

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## **6. PRAYER POINTS**

- Pray for softened hearts -- Ask the Holy Spirit to reveal specific areas of pride, short-temperedness, or unforgiveness that each group member needs to surrender this week.
  - Pray for the ability to truly forgive -- Ask God to make forgiveness quick and genuine in your homes, friendships, and church family, just as He forgives us the moment we ask.
  - Pray for the outreach efforts -- Lift up the Washington D.C. outreach, the Kenya teams, the Honduras and Vietnam missionaries, and every event coming up this weekend, asking God to draw people to Jesus through every interaction.
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## **7. MEMORY VERSE**

**Colossians 1:10 (NKJV)**

"That you may walk worthy of the Lord, fully pleasing Him, being fruitful in every good work and increasing in the knowledge of God."

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Leader's Note: Don't feel pressure to get through every question. It's better to go deep on two or three questions than to rush through all six. Let the conversation breathe -- that's where real life change happens!