

Living Your Best Life: Your Life Is Full of Seeds

Small Group Discussion Guide

"Living Your Best Life: Your Life Is Full of Seeds"

A MESSAGE BY PASTOR MIREK HUFTON

1. SERMON RECAP

Pastor Mirek Hufton opened in Genesis 1:28-29 to show that from the very beginning, God gave humanity two foundational gifts: authority and seed. He taught that these two gifts are inseparably connected, and that a person's thoughts, words, and actions all function as seeds that determine the course and quality of their life. He challenged the congregation to become deliberate, lifestyle sowers of good seed by aligning their thinking, speaking, and doing with the Word of God.

2. KEY SCRIPTURE

Proverbs 4:23 (NLT)

"Guard your heart above all else, for it determines the course of your life."

3. ICE BREAKER

What is one thing someone said to you years ago, positive or negative, that has genuinely stayed with you and influenced the way you see yourself or the world?

4. DISCUSSION QUESTIONS

1. Pastor Mirek connected the two gifts God gave humanity in Genesis 1:28-29 -- authority and seed -- and argued that you cannot truly walk in one without operating in the other. What do you think that connection looks like in everyday, practical life? Where have you seen it play out, or where have you struggled to see it?

2. Pastor Mirek described thoughts as seeds, pointing to Proverbs 23:7, which says that as a man thinks, so he is. He warned that thoughts left unmanaged can be captured by the enemy before they ever take root in good ground, just as Jesus described in the parable of the sower in Mark 4. What

habits or practices have you found genuinely helpful for guarding and redirecting your thought life? What has not worked as well as you hoped?

3. He taught that words are seeds that set the course of a person's life, comparing them to a ship's rudder in James 3. He said there are certain things a believer should simply never say about themselves, particularly words rooted in weakness, unworthiness, or defeat. Are there areas in your own life where you notice your words consistently falling short of what the Word of God actually says about you? How does that gap show up?

4. Pastor Mirek shared the story of his neighbor from Lebanon and the cherry pie, using it to illustrate that love sometimes requires a concrete, costly action even when everything inside us resists it. He said that action is seed, and that sowing it changes not only the situation but also the person doing the sowing. Can the group think of a time when choosing to act in love, even when it was genuinely difficult, produced something unexpected in your own heart or in a relationship?

5. He referenced Genesis 3:15 to show that Jesus himself entered the world as a seed, sown into the earth so that a harvest -- which is us -- could come forth. He also pointed to John 12:24, where Jesus taught that a grain of wheat must fall and die before it can bear fruit. What does it mean practically for a follower of Jesus to treat their own life as a seed to be sown rather than a resource to be protected and preserved?

6. Pastor Mirek said that Galatians 6:7 -- "Whatever a man sows, he shall reap" -- is not only a warning but an enormous promise. He encouraged the group to flip that verse into a positive declaration and begin sowing deliberately and consistently. Looking honestly at your life right now, what kind of harvest do your current thought patterns, words, and actions seem to be building toward? Is that the harvest you actually want?

5. APPLICATION CHALLENGE

This week, each group member is encouraged to choose one specific area -- thoughts, words, or actions -- and apply one concrete practice to it for seven days. For example, someone focusing on thoughts might write down three Word-based declarations about their identity in Christ and read them aloud every morning before leaving the house. Someone focusing on words might identify one phrase they habitually say about themselves that contradicts Scripture and deliberately replace it each time it surfaces. Someone focusing on actions might identify one specific person who is difficult to love and plan and follow through on one tangible, practical act of kindness toward them before the group meets again. At the next meeting, each person shares what they chose and what they noticed during the week.

6. PRAYER POINTS

- Pray that each group member would develop a genuine sensitivity to thoughts that do not align with the Word of God, and that they would grow in the discipline of capturing and replacing those thoughts before they

take root.

- Pray for boldness and consistency in speaking the Word over their own lives, their families, and their circumstances, trusting that their words carry real spiritual weight as seeds.

- Pray that the Holy Spirit would open clear and specific opportunities for each person to sow a seed of action this week, whether through service, generosity, reconciliation, or witness, and that they would have the courage to follow through when the moment arrives.

7. MEMORY VERSE

Proverbs 4:23 (NLT)

"Guard your heart above all else, for it determines the course of your life."

Leader note: The goal of this guide is honest, unhurried conversation. Not every question needs to be covered. Watch the room, follow the Spirit, and give people space to wrestle genuinely with what Pastor Mirek taught.