

# 7 WORDS TO CHANGE YOUR LIFE

## “Enough”

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### INTRODUCTION

Enough is a word rarely used today. Our culture tries to convince us that whatever we have is never enough—that if you don't have the latest phone, the newest car, the biggest house, or the largest bank account, the busiest schedule...you're missing out. The result is a life filled with stuff, stress and fear. So what's the answer? Psalm 23 shows us the amazing benefits of living in close proximity to Jesus.

### DISCUSSION QUESTIONS

1. What are some things you wish you had? A new car? A significant other? Peace about a decision? Kids? How would life change if you had those things?
2. Read Psalm 23:1, and Philippians 4:11-13. **The way to say “ENOUGH!” with our stuff is to discover the power of contentment.** What are some ways you **and/or your family need to say “ENOUGH!” with your stuff? What is one tangible way you can do that this summer?**
3. Read Psalm 23:2-3, and Genesis 2:2-3. **The way to say “ENOUGH!” with our stress is to discover the power of rest.** Do any of these “signs of stress” describe you: resentful, irritable, loss of joy, skimming over relationships, wanting to escape? Explain why.
4. Tyler listed 3 ways to discover the power of rest: cut something, add a bucket-filler, reduce technology. Which of these applies to you, and why? Be as specific as you can about how you will respond. ☺
5. What drains you? What fills you up, emotionally and spiritually?
6. Read Psalm 23:4-6. **The way to say “ENOUGH!” with our fear is to discover the power of presence (of Jesus).** What's one thing you fear right now, and how might the presence of Jesus give you power in the midst of it?
7. Read **Psalm 23 one more time.** How do you currently take time to refresh your soul? What can you work into your schedule to fill you up daily, weekly, and yearly?

### CHALLENGE

Instead of adding more stuff and stress to our already busy lives, take the time in the first two weeks of summer to a) spend 15 minutes a day with Jesus, reading his Word and praying; and b) do one big purge. Add in opportunities to be in close proximity with Jesus, and leverage His power to say **“ENOUGH!” to eliminate some of the physical (or emotional) excess from your life...and see how freeing it can be!**

### COMMIT TO MEMORY

The Lord is my shepherd, I shall not want. He makes me lie down in green pastures,  
He leads me beside quiet waters, He restores my soul. **Psalm 23:1-2**

### PRAYER

Share prayer requests and pray for one another.