

Enough

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A culture of excess is an unhappy culture. A person of excess is an unhappy person and is a person driven by fear. Excess is grasping after what a person does not need...and a person can never have enough of what one doesn't need. But with Christ, a person can find joy even when they do not have what they need. Because with Christ, they know that they have enough.

Discussion Questions

1. Has there ever been a time when you found that you felt like you couldn't "get enough"? This doesn't have to be something serious, but it could also be something like Cool Ranch Doritos...but the question is: What was happening at that moment?
 2. Do you find that you can easily tell the difference between Needs and Wants? Are there times when you have the sense that you can't tell the difference in the day to day of your life? Discuss.
 3. You can never have enough of what you don't need...how many things are there in your life that you "don't need"? Name a few of them? Why are they there? What is the voice that tells you that you need "more"?
 4. When a person encounters Jesus, even what they believed they needed becomes "optional". Have you ever experienced this transformation?
 5. Have you ever tried prayer, fasting, and almsgiving as a way to say "enough"? If you have, why don't you do it more often? Discuss.
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God in Real Life

1. This week, take the time to pray, fast from something, and *give* in order to be free and full for Christ.
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To the Heart

"In every circumstance and in all things I have learned the secret of being well fed and of going hungry, of living in abundance and of being in need. I have the strength for everything through him who empowers me.." ~Philippians 4:2