

## Discussion Guide for 10/28/2017 (Kryptonite—Couch)

### Opener:

Doug said, “I’ve noticed...”

When I spoil myself, I want to keep spoiling myself... When I took time away from exercising...

When I eat junk food... When I go to self-pity land... When I skip church, small group, praying, reading the Bible, serving... What are some other things we can add to Doug’s “I’ve noticed...” list?

### Deeper Sharing

Would anyone be willing to be transparent and share about a season of your life that spent “on the couch?”

- How did it affect you?
- Were others affected, too? How?
- What do you wish you had done differently?

### Word of God

#### Read Mark 10:17-25.

- The rich man wanted something good. What was his “call” to get off the couch?
- Doug said that the couch is not evil, but it can become dangerous to our spiritual health. How were possessions adversely affecting this man’s spiritual health?

#### Read Prov. 6:6-11.

- The wisest person (not named Jesus Christ) who ever lived tells us that we can learn to be wise by watching ants. Anyone ever done this—actually taken time to sit and watch a bunch of ants? What did you learn?
- People sometimes think it would be great if there were nobody telling us what to do all the time. Well, this is true for ants (v7). What do they choose to do when they are “their own boss?”
- The lesson here is for lazy people. What is the consequence for the person who chooses the couch over working hard to prepare for what is coming?

C.S. Lewis said, “*It would seem that Our Lord finds our desires not too strong, but too weak. We are half-hearted creatures, fooling about with drink and sex and ambition when infinite joy is offered us, like an ignorant child who wants to go on making mud pies in a slum because he cannot imagine what is meant by the offer of a holiday at the sea. We are far too easily pleased.*”

Based on the passage in Amos Doug talked about, and based on the brief passages you just discussed, camp on these questions for a while:

- WHY ARE WE SO EASILY PLEASED?
- Why do people choose to stay on the couch when there are so many ways to get involved and make a difference?
- If there was an outbreak of contentment in churches throughout the country, what affect do you think that would have on the habitual couch-sitters?
- What in life is *truly satisfying*? Why is “easy street” so alluring to us—what does it promise? How does “easy street” adversely affect our walk with God?

### Moving Forward

Would anyone be willing to share a current struggle you are having with the couch?

- Invite the group to speak to that struggle in a healthy and encouraging way—perhaps someone else in the group has been or is there as well...
- Pray for those who shared a couch struggle...

Doug said, “It’s hard to love others from the couch.” What do we ultimately lose by getting off the couch? What do we gain? Is getting off the couch worth it? Why?