

## Week 3: Our Individual and Collective Journeys

1. What insights did you gain from the message this past Sunday? What was most helpful for you? What was difficult for you? Was there anything that seemed puzzling or with which you disagreed?
2. How does the analogy of life as a journey relate to your current situation? Do you feel like it is a steep uphill climb? Plain sailing? Slogging through mud? A pleasant stroll? Why do you feel this way?
3. Read our value statement for “Journey” below:

*We see life as a journey and all of us are in process. That means none of us are the finished article so we can have patience with ourselves and others. Transformation takes time, so we are committed to faithful practice and not giving up. We embrace mystery and acknowledge the role of both faith and doubt in our journey, recognizing that it takes us into both new understandings as well as new uncertainties. So we remain openhearted and openminded: to God and to one another.*

- What stands out to you from this statement?
  - What parts of it do you struggle with?
4. If you have already completed the values exercise, discuss the following:
    - Did you find it easy to select your most important values?
    - Were you clear in your mind what each of them meant to you personally?
    - When you reflected on how you displayed and lived out your values during three consecutive days, were you surprised by the results?
    - Did you make any changes to your list of values based on your reflections through the week?
  5. How did “mystery” rank in your list of values, and why? Regardless of how you personally ranked “mystery,” why do you think it is helpful to have it as a community value? How might it not be helpful?
  6. Read Matthew 11:28-30 and Matthew 16:24-25, Which of these two passages speaks to you most right now, and why? Take some time to pray for one another regarding what is shared.

## **Practice for the week: Identifying or Evaluating Your Values**

If you have not yet completed the “Identifying Your Values” and “Taking an Inventory of Your Values” exercises, try to complete them this week. You can find them here:  
[www.crrc.org/discussion-questions](http://www.crrc.org/discussion-questions)

If you have already completed the exercise, evaluate your values:

- Look at your list of values. How do these values relate to following Jesus? Are there any values that Jesus would challenge?
- Draw up a list of general ways you spend your time (work, family, leisure, church, etc.) and try to assign how many hours a week you spend on each.
- How do these activities provide opportunities for you to live your values? How do they stifle or misalign with your values?
- Are there changes you could make to increasingly live out your values and be your “true self”?