

LIFE TO THE FULL

Discussion Questions

September 20, 2026

Centers: Prioritizing what matters most

1. What impacted you most during our worship service together this past Sunday? How would you describe what you experienced? In what ways did you experience encouragement, and in what ways discomfort?
2. Read Mark 1:4-5 and 9-11. In the message on Sunday, we reflected on how this is an awakening experience for Jesus, a moment of repentance (or “rethinking”) when he sees a new reality about God and his own life. How do you read this passage? Have you had any similar experiences you could share?
3. With the above discussion in mind, what are some of your most compelling motivations for life? How have you centered your life on them? How might you have drifted away from them? How does “following Jesus” impact your centeredness?
4. Read Mark 1:12-13 where Jesus’ center is tested. Then read Luke 14:28-33 where Jesus challenges us that remaining centered on what matters most always requires letting go of something else. How does this passage challenge you personally? What are some of the life issues that tend to distract you most?
5. Centeredness helps define both our sense of “being” (who we are) and “doing” (what we accomplish). That is true for us as a community too. Reflect on your time in our community (however long or short). Do you feel you are moving closer to the center of our community? Do you have an increased sense of belonging? Is there anything you need to do about this? How could others help with this?
6. Take a moment to reflect on your “doing” priorities as a follower of Jesus, both in the collective commitments to service we share as a community and in your everyday personal life. Is there any recentering needed? Are you feeling overwhelmed or distracted from what matters most? How do you need to recalibrate?
7. After sharing this last discussion point, take some time to pray for one another.



Prayer Practice for This Week: Being and Doing

Take some time this week to prayerfully reflect on the following:

- A.** What most forms your sense of identity and purpose: who you are or what you do?
- B.** How might you center yourself more deeply in divine love and acceptance? Use the prayer practice below if it's helpful.
- C.** Are you doing too much or too little? What drives this? What adjustments do you need to be more centered in what you do?

Remember to share any thoughts, questions, or comments about this week's topic via info@crcc.org

A Prayer Practice of Being

This is a practice of simply “being” that takes only 5 minutes. There is no need to stress or strain, no need to perform or prove ourselves. Because God is Love, we can relax and just “be.” Center yourself by sitting comfortably in silence with your back straight, feet planted on the ground, arms relaxed, and hands supported in your lap. Close your eyes and relax your shoulders. To begin, focus on your breathing, allowing tension to flow away from your body, and your spirit to be at peace. Then slowly and consciously walk through 4 stages in this exercise. Just relax and go with the flow.

Stage 1: Acceptance

Take a moment to consciously accept that God is present to you right now—present in all your reality. You can't make this any more real or any less real—it's all God. So just relax and accept it. God just “is”—and God is love. Take a minute to accept this.

Stage 2: Letting Go

Let go of any evaluative thoughts. These could be thoughts like “Is God really here?” or “Would God really want to be with someone like me?” or “Why on earth am I doing this?” Don't analyze yourself or God. Just choose to ignore evaluative thoughts and let them go. Take a minute to do this.

Stage 3: Resonate

Consciously choose to absorb God without reservation. Ease your way into this, relax, be aware of your breathing and with each outbreath sink deeper and deeper into God's love. Then begin to reflect that love back to God. Imagine that you are in a constant cycle of receiving God's love and reflecting it back. As you breathe in—receive God's love. As you breathe out—pour out your love to God. Consciously feel that you are part of this same vibration with God and let it resonate and grow with every breath. Take a minute to do this.

Stage 4: Just Be

Remain in this posture of giving and receiving love. Let go of any worries about who, what or how you are. Just be conscious that you are... just “be.” Take a few moments to just “be.” Now return to consciousness of your breathing. Open your eyes and be aware of your surroundings—and give thanks that God is in you, and you are in God in all of this reality you experience.