**LifeGroup Study**

**2023-10-22**

**YOU ARE WHAT YOU LOVE**

***What Do You Want?***

**Participant Notes**

**OVERVIEW:**

Welcome to our LifeGroup study, You Are What You Love. In our quest to grow our walk with Jesus we tend to emphasize collecting knowledge as the way to change our lives. But you can’t just think your way into holiness or transformation. Discipleship is a re-habituation (habit focused practice) of what we love. Over the next seven weeks we’ll explore how God wants to shape our heart to love Him above all else. For the first week of our study, we’ll focus in on the question, “what do you want?” This is a question that Jesus asked those who came to Him and it’s a question He asks you and me today. Thinking about this question gives us insight into what it means to be a disciple, a follower of Jesus. So, what do you want? Let’s explore that question as we dive into the study!

**ICEBREAKER:** I Really Wanted It!

When I was a kid remote control cars burst on the scene. One of my favourite commercials on TV at that time was about Mr. Max, a remote control van. I remember watching in excitement as Mr. Max wheeled around the corners and through rooms on my TV screen. I really wanted a Mr. Max! I never got a Mr. Max van, but I still remember that feeling I had – I really want it! What is something you really wanted as a kid? What was it about that thing that drew you to it? **Share your story with the group!**

**STUDY:**

To begin our study we’ll read about a day when Jesus asked two men who began to follow Him, “What do you want?” As you read this account, put yourself in the sandals of these men. How would you respond to Jesus’ question?

READ John 1:35-39

1. At the beginning of this account we read, “The next day John was there again with two of his disciples.” John 1:35 NIV. **What is a disciple?**
2. In vs. 36 we read, “When he [John] saw Jesus passing by, he said, ‘Look! The Lamb of God!’” In this verse we see how John recognized Jesus as someone of ultimate significance. **What is the significance of this title, “The Lamb of God”?**
3. In verse 37 we read, “When the two disciples heard him say this, they followed Jesus.” **What is the significance of their decision to follow Jesus?**
4. In verse 38 we read, “Turning around, Jesus saw them following and asked, ‘What do you want?’” **Why would Jesus ask this question?**
5. The disciples responded to Jesus’ question by asking a question, “Rabbi, where are you staying?” **What is the significance of this question?**
6. In response to their question, Jesus replies, “Come, and you will see.” **What is the significance of this invitation?**

WHAT DO YOU WANT?

This question, “What do you want?” is key for us to ask ourselves because it helps us see the importance of the desires of our heart, how they shape our life’s direction and our walk with God. Here are some areas related to this question that we’ll be thinking about in the coming weeks.

1. DISCIPLESHIP: **What is your understanding of what discipleship is? Do you see yourself as a disciple? Why or why not?**

“Discipleship, we might say, is a way to curate your heart,

to be attentive to and intentional about what you love.”

Smith, James K.A.

1. THE HEART: **What role does our heart play in discipleship? How might paying attention to the desires of our heart help us grow as followers of Jesus?**

READ Proverbs 4:23 – “Above all else, guard your heart, for everything you do flows from it.”

You have made us for yourself, O Lord, and our heart is restless until it rests in You.

Saint Augustine

1. HABIT: Learning to love God takes practice. It starts with a vision of what the good life is and then we decide to orient our lives toward that vision. **Would you say that the habits in your life are moving you toward who you want to be or away from who you want to be? What habits have you practiced that have helped grow your walk with God?**
2. **What is a key takeaway for you from today’s study? What are you hoping to gain from this series?**

**PRAY:**

Thank God today for His work in your life to grow you as His follower. Ask Him to use this series to teach you more about who He is and to grow you closer to Him.