



## Rock Church

Guest Speaker: Brian Buffini

### It's a Good Life

August 20, 2023

*In this impactful message, special guest Brian Buffini delves into the good life that God envisions for each of us. Brian reveals insights on how we can live that good life and ultimately transform other's lives around us.*

In your group, read Genesis 1:1-31, review the points and questions below, then discuss accordingly.

1. **God has designed a GOOD LIFE for you** (Genesis 1:1, 9-10, 12-13, 16-18, 20-21, 25, 27, and 31). No matter what you've been through or what you're going through now, God intends for you to have a good life. The world thinks it has all the answers, but in reality, the world is more lost than ever before.

***Discussion:** Briefly share with the group a couple of blessings in your life that are indeed "good" (spouse/significant other, family, job, home, health, etcetera).*

2. **The GOOD LIFE doesn't always feel good** (1 Peter 3:15-16). You think good means awesome, but it's not as awesome as you had hoped. There are lots of people struggling and suffering with depression and anxiety because of life's challenges and setbacks.

***Discussion:** Think about a time in your life where you faced a trial and the outcome was favorable. How has that event impacted the way you make decisions today?*

3. **There is a connection between the GOOD LIFE and the Gospel.** When people see you and your family, or the way you work, how you talk and act, it should be evident that there is "something different" about you. Do the good work, He will use you.

***Discussion:** In what ways does your life appear extraordinary to others? How well do you feel you are you put together in heart, body, mind, and spirit – in what area(s) could improvements be made?*

