



A Pastor for Every Person!
ROCK GROUPS
(Evangelistic Care Groups)
ROCK GROUP DIRECTIVE

LOVING LIFE?

Ice Breaker... When was the most *enjoyable* time in your life? Why?

On a scale of 1-10, how much would you say you “love life” right now?
How did you land on that number?

Ecclesiastes 2 ¹⁰ I denied myself nothing my eyes desired; I refused my heart no pleasure. My heart took delight in all my work, and this was the reward for all my labor. ¹¹ Yet when I surveyed all that my hands had done and what I had toiled to achieve, everything was meaningless, a chasing after the wind; nothing was gained under the sun... ¹⁷ **So I hated life**, because the work that is done under the sun was grievous to me. All of it is meaningless, a chasing after the wind. NIV

Everyone, at one time or another, has been tempted to “hate life”.

In Ecclesiastes Chapter 1, we see the *emotions* that can lead to “***hating life***”

“I’m frustrated” ²...Life is useless, all useless. ³ You spend your life working ...but what do you have to show for it? ⁴ ...The world stays just the same. GNT

“I’m tired” ⁵ The sun still rises, and it still goes down... ⁶ the wind blows... round and round and back again. ⁷ Every river flows into the sea... [then] the water returns to where the rivers began and starts all over again. ⁸ Everything leads to weariness – a weariness too great for words... GNT

“I’m unfulfilled” ⁸...No matter how much we see, we're never satisfied. No matter how much we hear, we're not content. ⁹ History merely repeats itself NLT

How do we overcome feelings of being unfulfilled, frustrated, and fatigued?

FOCUS ON THE ETERNAL!

II Corinthians 4 ¹⁶ Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. ¹⁷ For

our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. ¹⁸ So we **fix our eyes** not on what is seen, but on what is unseen. For what is seen is *temporary*, but what is unseen is **eternal**. NIV

HOW CAN WE FOCUS ON ETERNAL THINGS?

#1 **PRAY** - **Colossians 3** ¹ Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. ² Set your minds on things above, not on earthly things. NIV

#2 **SERVE** - **John 6** ²⁷ Do not work for food that spoils, but for food that endures to *eternal* life... NIV

#3 **GIVE** - **Psalms 112** ⁹ They share freely and *give* generously to those in need. Their good deeds will be *remembered forever*. They will have influence and honor. NLT

#4 **SHARE OUR FAITH IN CHRIST** **Hebrews 12** ¹ ...Let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. ² Let us **fix our eyes on Jesus**, the author and perfecter of our *faith*...

TALK IT OVER...

What *truths from the Bible* do you need to find to *outweigh your problems*?
How will you go about that?

How will you do all *4 things* this week to *refocus your mind on the eternal*?

Let's **pray in groups of three** for habits and mindsets to "love life".

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- ✓ Did you share the vision and mission of COTR and the Rock Groups?
- ✓ Prayer, Ministry time, and Fellowship
- ✓ Prayer for COTR Leadership
- ✓ "Empty Chair" Prayer - encourage group to **invite someone new next time**
- ✓ Did everyone complete the sign-in form?

🔔 Remember to complete the **online report** and **attendance** for the meeting soon