



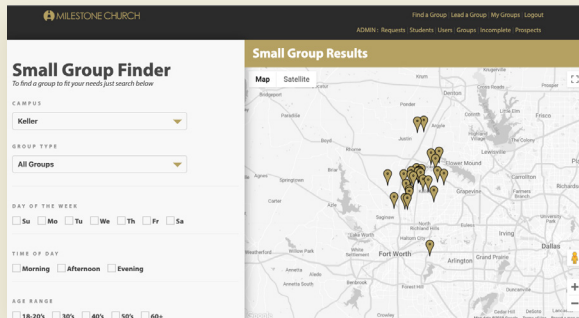
# Give Well

PARTICIPANT GUIDE

# How to Join a Small Group

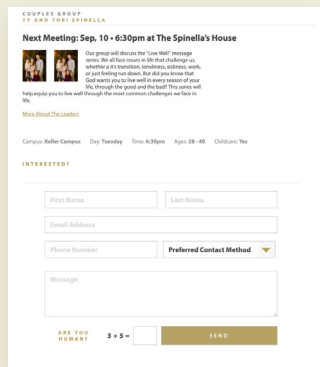
## STEP 1

Go to [smallgroups.milestonechurch.com](http://smallgroups.milestonechurch.com) to browse all our groups.

The screenshot shows the 'Small Group Finder' interface on the Milestone Church website. On the left, there are filters for 'CAMPUS' (set to Keller), 'GROUP TYPE' (set to All Groups), 'DAY OF THE WEEK' (with checkboxes for Su, Mo, Tu, We, Th, Fr, Sa), 'TIME OF DAY' (with checkboxes for Morning, Afternoon, Evening), and 'AGE RANGE' (with checkboxes for 18-29%, 30%, 40%, 50%, 60+). On the right, the 'Small Group Results' section displays a map of the Fort Worth area with several yellow location pins indicating group locations. The map includes labels for various neighborhoods like Keller, Irving, and Fort Worth.

## STEP 2

Contact Group Leaders with questions or request to join the group.

The screenshot shows a contact form for a 'COUPLES GROUP' led by Ty and Tosi Spinella. The 'Next Meeting' is scheduled for Sep. 10 at 6:30pm at The Spinella's House. A brief description of the group's focus is provided. Below this, there is a form to 'Reach Out to Leaders' with fields for 'First Name', 'Last Name', 'Email Address', 'Phone Number', and 'Preferred Contact Method' (a dropdown menu). A 'Message' text area is also present. At the bottom, there is a 'SEND' button and a small 'ARE YOU HUMAN?' checkbox.

Need help? Email: [smallgroups@milestonechurch.com](mailto:smallgroups@milestonechurch.com).

## A Message from Pastor Jeff

Thank you for going on this journey with us. I truly believe this study will change your life. We all face issues in life that challenge us, whether it's transition, loneliness, stress, work, or just feeling run down. But did you know that God wants you to live well in every season of your life—through the good and the bad?

This series will help equip you to live well through the most common challenges we face in life.

This Participant Guide has everything you need to go on the journey. Each week has a place for you to take notes during the weekend messages. It also provides the discussion questions you'll use in your Small Group.

My prayer is that by going through this study with your Small Group, you will make lasting friendships and grow in your walk with God.

Pastor Jeff Little

A handwritten signature in black ink, appearing to read 'J. Little'.



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# WEEK 1

## How Do I Live Well Through Major Life Changes?

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### KEY VERSE

*Jesus Christ is the same yesterday  
and today and forever.*

HEBREWS 13:8 (NIV)

# Message Notes

[illegible][illegible]

# Small Group Discussion

1. What was your greatest takeaway from the message?
2. Read Hebrews 13:8. How does this verse encourage you when facing life change?
3. Tell us about a major life change you have experienced. How did you handle the transition?
4. When you go through life transitions, do you typically feel closer to God or further from Him? Why?

5. What do you think God wants to teach us through moments of life change?

6. How can recognizing your current “season” in life help during times of transition?

7. What is your current season? What are some positives about your season?

## APPLICATION

Take a moment to ask God, “What are You trying to communicate to me right now in my current season?” Write down what you sense Him telling you.

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How has God impacted your life through the Live Well series?  
Share your story with us at [milestonechurch.com/MyLiveWellStory](https://milestonechurch.com/MyLiveWellStory).

# WEEK 2

## How Do I Live Well and Handle Stress?

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### KEY VERSE

*Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."*

MATTHEW 11:28-30 (ESV)

# Message Notes

[illegible][illegible]



# Small Group Discussion

- 1. What was your greatest takeaway from the message?
  
  
  
  
  
  
  
  
  
  
- 2. Read Matthew 11:28–30. Jesus tells us to come to Him when we’re feeling overwhelmed. How quickly do you turn to God when you’re stressed? Explain.
  
  
  
  
  
  
  
  
  
  
- 3. What are some of the greatest causes of stress in your life?
  
  
  
  
  
  
  
  
  
  
- 4. Tell us about a time you were stressed or anxious. How did you handle that situation?

- 5. What’s the difference between good stress and bad stress?
  
  
  
  
  
  
  
  
  
  
- 6. How do high levels of stress typically affect your life, your emotions, or your relationships?
  
  
  
  
  
  
  
  
  
  
- 7. What are some good practices for handling stress in a healthy way?

**APPLICATION**

Write down something practical you will do this week to turn from stress and to turn towards God.

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# WEEK 3

## How Do I Live Well in My Thoughts and Emotions?

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### KEY VERSE

*We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.*

2 CORINTHIANS 10:5 (NIV)

# Message Notes

[illegible][illegible]

# Small Group Discussion

- 1. What was your greatest takeaway from the message?
  
  
  
  
  
  
  
  
  
  
- 2. Read 2 Corinthians 10:5. What do you think it means to “take your thoughts captive?”
  
  
  
  
  
  
  
  
  
  
- 3. How good are you at taking your thoughts captive and making them obedient to Christ? Explain.
  
  
  
  
  
  
  
  
  
  
- 4. What are some examples of healthy and unhealthy thinking?

5. How healthy is your thinking? The scale below represents your thought life, with 10 being completely healthy and 0 being unhealthy. Place a dot where you think you would land. Why did you pick that number?



- 6. We all struggle with negative thoughts. What are some negative thoughts you typically struggle with? Where did these thoughts come from?
  
  
  
  
  
  
  
  
  
  
- 7. How do we replace unhealthy thinking with God’s truth?

**APPLICATION**

Take a moment to think through some of the negative thoughts you’ve had in your life. Write down a truth God wants you to know to replace that thought.

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# WEEK 4

## How Do I Live Well in My Work Life?

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### KEY VERSE

*Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ.*

COLOSSIANS 3:23-24 (ESV)

# Message Notes

[illegible][illegible]

# Small Group Discussion

1. What was your greatest takeaway from the message?

2. Read Colossians 3:23–24. The Bible instructs us to work as though we are working for the Lord. How does this perspective affect your attitude about your job?

3. What does it mean to be faithful in your work? What are some characteristics of faithfulness?

4. What's the relationship between being faithful and being fulfilled? How does faithfulness bring fulfillment in your work?

5. How faithful are you? The scale below represents your work–life, with 10 being completely faithful and 0 being unfaithful. Place a dot where you think you would land. Why did you pick that number?



6. Have you thought about praying and talking to God about your greatest challenges at work, and asking for His wisdom? Why or why not?

7. How much do you see your job as an opportunity to reveal Jesus to others? How would that perspective change how you see your job?

## APPLICATION

We all have areas we can grow in. Take a moment to reflect on this question: "Is there an area in my work–life that I could do better? What is it, and what will I do this week to grow in that area?"

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# REVIEW WEEK

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We're over half way through the Live Well series, and we hope it's making an impact on your life.

There are only a couple of short discussion questions this week. Use the extra time in your group to pray together, then hang out and have fun.

And remember, if God is speaking to you through the Live Well series, we want to know! Share your story with us at [milestonechurch.com/MyLiveWellStory](https://milestonechurch.com/MyLiveWellStory).



# Message Notes

[illegible][illegible]

# Small Group Discussion

1. What was your greatest takeaway from the message?

2. What are your top one or two takeaways from the entire series so far?

**APPLICATION**

What’s the greatest need in your life right now? How can we pray for you?

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# WEEK 5

## How Do I Live Well in My Relationships?

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### KEY VERSE

*If it is possible, as far as it depends on you,  
live at peace with everyone.*

ROMANS 12:18 (NIV)

# Message Notes

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# Small Group Discussion

1. What was your greatest takeaway from the message?

2. Read Romans 12:18. According to this verse, is it possible to have peace with everyone? Why or why not?

3. People are more connected today than ever before, yet loneliness is at an all-time high. Why is that?

4. The quality of your relationships directly affects your level of happiness. Why is that?

5. How would you describe the quality of the relationships in your life? Are your relationships mostly healthy or not? Why?

6. Do you have any negative characteristics that might be holding you back in your relationships (examples: selfishness, jealousy, mistrust, complaining, nagging, bad temper, etc.)? What are those characteristics, and what can you do about them?

7. Tell us about a broken relationship you've experienced. How has that experience affected your life?

8. What are some practical ways to grow our relationships in a healthy way?

## APPLICATION

Is there a relationship in your life you're struggling with right now? Spend a moment to ask God, "What do You want me to do about this relationship this week?" Write down what you sense Him telling you.

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# WEEK 6

## How Do I Live Well Financially?

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### KEY VERSE

*For where your treasure is, there your  
heart will be also.*

MATTHEW 6:21 (ESV)

# Message Notes

[illegible][illegible]

# Small Group Discussion

1. What was your greatest takeaway from the message?
2. Read Matthew 6:21. How does money reveal our hearts?
3. If you looked at your bank account, what would it reveal about your heart? Where does God fit in your budget?
4. What's the difference between a "steward" and an "owner"? How does this difference apply to your finances?

5. Go around the room and have each person share:
  - (1) What's one or two of the best financial principles you've heard before?
  - (2) Do you personally follow this advice? Explain.
6. When God is your source, how does it affect how you live?
7. In what ways has God been generous to you?

## APPLICATION

Write down one area in your finances where you could do better. What's something you can start doing this week to grow in this area?

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# WEEK 7

## How Do I Live Well Moving Forward?

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### KEY VERSE

*Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!*

2 CORINTHIANS 5:17 (NIV)

## Message Notes

[illegible][illegible]

# Small Group Discussion

1. What was your greatest takeaway from the message?

2. Read 2 Corinthians 5:17. According to this verse, what happens to us when we are “in Christ”?

3. Is it possible to live well without having your identity in Christ? Why or why not?

4. What are some things people typically find their identity in (apart from God)?

5. What’s the danger of finding your identity in any of these things?

6. How does having your identity in Christ affect how you see the following areas? Discuss each:

Your Self – Think through your value, your relationships, your failures, your accomplishments, your possessions, etc.

Your Circumstances – Think through your challenges and your successes, etc.

Your Future – Think through your opportunities, your fears, your legacy, etc.

## APPLICATION

Write down something practical you can do this week to remind yourself of your identity in Christ. How do you think this activity will impact you?

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