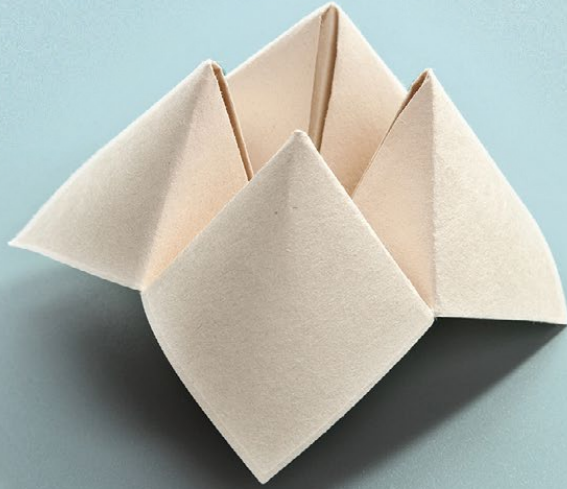


KELLY NEEDHAM



purposefooled

GOING DEEPER GUIDE

Why CHASING YOUR DREAMS,
FINDING YOUR CALLING,
and REACHING FOR GREATNESS
WILL NEVER BE ENOUGH

I CAME THAT THEY MAY HAVE LIFE AND HAVE IT ABUNDANTLY.

John 10:10

COME TO ME, ALL WHO LABOR AND ARE HEAVY LADEN,
AND I WILL GIVE YOU REST.

Matthew 11:28

THESE THINGS I HAVE SPOKEN TO YOU, THAT MY JOY MAY
BE IN YOU, AND THAT YOUR JOY MAY BE FULL.

John 15:11

Jesus came to give us life, rest, and joy! That's because he came to reunite us with the One we were made for. This is the truth at the heart of *Purposefooled*: our purpose is a Person. We weren't made to do something great but to know Someone Great. And as we live for him, we will experience the life, rest and joy he's promised!

This truth is liberating and relieving! But it's also countercultural. We often don't realize how formed we are by cultural ideas. It takes time to untangle all the lies and replace them with truth from God's Word. And it takes even longer for these truths to migrate from our minds to our hearts and then to our actions. I created this Going Deeper guide to help accelerate this process. While you can use it alone, it will have the greatest benefit when used with a group.

INSTRUCTIONS

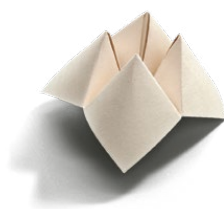
1. Read one section of *Purposefooled*.
2. Answer the personal reflection questions.
3. Gather with friends to discuss the group questions.
4. Repeat!

Now grab a group of friends and dive in!



section one

Our Purpose Problem



PERSONAL REFLECTION

1. What are you hoping to get out of this book? Why did you decide to read it?

2. List the verbs that make up your life currently. What tasks feel the most life-giving? What tasks feel the most burdensome? Which ones would you eliminate from the list if you could? Why?

3. Describe a season where you felt benched or stuck on the sidelines. Why did you feel this way?

Where was God in it all?

4. What unmet achievement in your life has been difficult to accept?

5. What mountaintop experience left you disappointed afterwards?

6. How much of your stress, worry, anxiety, or unsettledness would you attribute to a sense of purposelessness?

7. List all the “coulds” you feel burdened by (page 10). What are all the things you could be doing?

What effect do these “coulds” have on you?

8. Have you ever felt enslaved to a task you loved? Describe what this felt like. What other effects did this have in your life?

9. Fill in the blanks as honestly as possible:

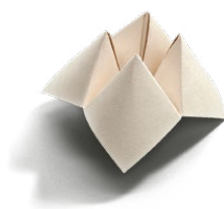
- If I don’t have _____ life is meaningless.
- If I cannot _____ I have failed.
- I feel important when _____ .
- What do your answers reveal about where you find your purpose?

GROUP DISCUSSION

1. Introduce yourself to your group without using verbs. In other words, introduce yourself based on who you are rather than what you do.
2. What is your experience with “purpose culture” as described on page 24? Would you agree that our culture tells us that a purposeful life is found as we change our activities, either going bigger or going smaller? Why or why not?
3. Share one of your answers from the personal reflection questions with the group.
4. Do you feel the pressure to “figure out what you’re doing with your life?” Where does this pressure come from? How do you handle it?
5. Describe a season of your life where you felt caught between pursuing extraordinary things and embracing the ordinary things of life. How did you resolve this tension? What was the result?
6. Chapter 1 describes three things that pull us toward extraordinary living: an ancient attraction, unprecedented opportunity, and urgent news. Which one of these has had the biggest effect on you?
7. Where do you see “a deep ache for greatness” (page 20) in yourself? Does it show up in the big or the small?
8. On page 20, Kelly says, “The extraordinary tells us a meaningful life is found on the other side of dreaming big, discovering our callings, or following our passions. The ordinary tells us a meaningful life is found in our contentment with quiet, faithful living behind the scenes. But both miss the mark.” How does this statement make you feel? What questions does it bring up?

section two

Your Purpose is a Person



PERSONAL REFLECTION

1. What was the primary emotion you felt reading this section? Why?

2. Of all the scripture referenced in this section, which was the most meaningful to you? Why?

3. Before reading this book, what would you have said your purpose is? How has this pursuit of purpose affected your decisions, your actions, and your relationships?

4. Where is most of your spiritual energy spent? Place an X on the line to represent what is most often true of you:

DOING FOR GOD	BEING WITH GOD

5. In what ways has God been a means to an end in your life?

6. Chapters 6 through 9 describe ways our lives should change when our purpose is the person of God. Which one resonates with you the most? Why?

7. Knowing God is hard work (see page 51)! What would it take for you to make progress in knowing God?

8. Make a plan to incorporate some rest and leisure into your week. Share your plan with a friend.

9. What is one way you can “enjoy the invisible” today? (pg 46-47)

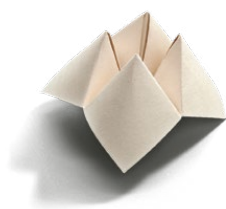
10. What questions do you have about the truth that your purpose is a Person?

GROUP DISCUSSION

1. If you could choose any 3 Bible characters to spend a day with, who would you choose and why?
2. What was your favorite chapter from this section? What chapter challenged you the most? Why?
3. Share one of your answers from the personal reflection questions with the group.
4. Read Mark 14:3-9 then John 12:1-8 outloud together. (Most scholars believe this is the same incident.) What do you notice? What stands out to you?
5. Describe a time when you valued productivity over people. What effect did this have on you and others?
6. How have you treated God like a system instead of a Person?
7. Consider the "doing vs. knowing God" list on page 49. Which one resonates with you the most? Why?
8. Page 64 shares a quote from Elizabeth Gilbert about creative success. Do you see the connection between great success and great pressure in your own life or anyone else's life?
9. This section of the book talks a lot about freedom. When our purpose is a Person we are free to waste our time on Jesus, free to rest and enjoy, free to be unimpressive, free to enjoy the detours. Which type of freedom do you need most right now? Why?

section three

Great in Him



PERSONAL REFLECTION

1. When you were growing up, how was “greatness” defined for you? What did your family, friends or culture tell you the path to greatness was? Have you lived up to that definition or fallen short?

2. In what ways do you find yourself chasing memorable work? (see pages 76-77)

3. Describe a role in your life, that if you began failing miserably at it, would have the potential to shake your identity (p.79).

4. If worldly greatness is being a not-needy contributor, how great are you on a scale of 1-10?
If biblical greatness is being a needy receiver, how great are you on a scale of 1-10?

5. Where are you tempted to rejoice in the “work of your hands?” How are you placing your hope in your accomplishments and activities?

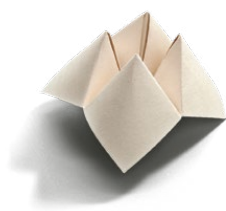
6. Describe a moment in your life where the immediate need of another interrupted your desire to work or serve in another setting. What emotions surfaced during this time? What do those emotions reveal about your heart?

7. On page 94 it says, “For Jesus, true greatness is found in our ability to be receivers, not contributors.” What does receiving from God look like in your current day to day life?

GROUP DISCUSSION

1. What is one accomplishment in your life you're proud of? If Jesus listed his favorite accomplishment of yours, what do you think it would be?
2. When was the last time you were solely the recipient of another's help and care? What kind of feelings did that experience create in you? What does our culture say about this?
3. Share one of your answers from the personal reflection questions with the group.
4. Read Daniel 4 out loud together. What do you notice? What sticks out to you?
5. In what area of life do you struggle with comparison the most?
6. How do you feel about the "bad news" in Ecclesiastes that all our work is smoke? Does it feel relieving? Frustrating? Confusing?
7. Describe Jesus' definition of true greatness in your own words. Who do you know that exemplifies true greatness?
8. What's one way you can serve someone in secret this week?
9. What tasks are set before you this week? What would it look like to do them for Jesus and with Jesus?

section four
Seen by Him



PERSONAL REFLECTION

1. If you could be known by the next generation for one thing, what would it be?

What does that one thing reveal about you?

2. How has your innate desire to be seen manifested itself in your life? (p.109)

3. Take some time to think about your family history. How many of your grandparents and great grandparents can you name? How far back can you go? How does this exercise correlate with what Solomon has to say about legacy and fame in Ecclesiastes?

4. What kind of impact does social media have on your life?

5. Where does your desire to be noticed show up the most?

6. If it's true that we are truly seen by Jesus, write down a few things you think He sees when He sees you?

7. What hidden work have you been avoiding?

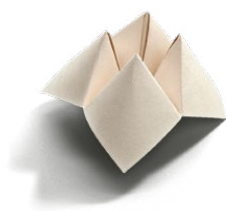
8. Describe the last time you felt seen by God.

DISCUSSION QUESTIONS

1. Do you like being the center of attention? Or do you avoid the spotlight?
Or does it change based on the circumstances?
2. Describe a time when you were unseen or ignored. What did you feel?
How did you respond?
3. Share one of your answers from the personal reflection questions with the group.
4. Read Genesis 39 out loud together. Discuss the theme of sight in this passage (see, sight, saw).
5. When you consider that God sees all you do, what parts of your life do you think
he is most interested in? Why?
6. When you consider that the great works in other people's lives will also be hidden,
how does that affect you?
7. How do you feel about the stadium imagery given to us in Hebrews 12:1-2?
8. What is the hardest hidden work in your life right now? How do the truths
in this section impact this hidden work?

section five

Impactful Through Him



PERSONAL REFLECTION

1. Do you find yourself assessing every action in your day? What drives you to do that?

2. Page 142 describes three factors that cause us to assess our actions (social media, metrics, and options). Which one of these affects you the most? Why?

3. How do you handle seasons that don't seem to produce much? Seasons of grief, spiritual dryness, or repetitive tasks?

4. This chapter presents a different measuring stick for success: the glory of God. "It's not what is accomplished, but who is magnified" (page 158) If Jesus is being glorified, then that's success. How would your life change if you believed this?

5. What is the loudest metric in your life right now? Is it how much money you make? How much weight you've gained or lost? How many friends you have?

6. What emotions did you feel reading about the bad news in chapter 21?

7. Do you struggle with the idea of being a supporting character in the grand story about Jesus? Why?

8. What is one truth you need to embrace from John the Baptist's response to his shrinking ministry? (pages 157-158)

9. Consider these statements on page 165: “Jesus doesn’t primarily want our works, he wants our faith. He doesn’t want our impressive fears of ministry but our extravagant acts of trust. Jesus is not as interested in our doing as in our dependency. He doesn’t want our accomplishments; he wants our attention.” Are these statements liberating or frustrating? Why?

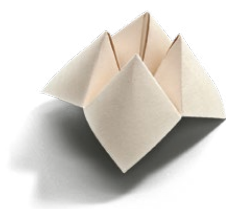
10. Look through the obedience and good works listed in chapter 24 and highlight the ones God has clearly set before you to do this week. Make a plan to make sure it happens.

DISCUSSION QUESTIONS

1. Are you a to-do list maker? If not, do you reach for measurable work in any other ways?
2. Have you ever had a season of life that felt like all you did was move the pile of dirt to another place ... then move it back? How did that affect you?
3. Share one of your answers from the personal reflection questions with the group.
4. Read Judges 7:1-25 out loud together. Pay attention to all the numbers and the word “worshiped.” Discuss your observations.
5. If John 15:5 is true, “Apart from me you can do nothing,” how should that change your behavior?
6. On page 163, Kelly asked herself, “Was I willing to hang up my work clothes and put on a hospital gown?” Are you willing to do this? Why or why not?
7. Consider the lists in chapter 24 of obedience and good works. Who in your life consistently lives these things out? What does it feel like to be around them?
8. If you stopped living to make a difference and started living for Christ (p.161), how would your life change?
9. What needs to be done in your life to develop a different value system?

section six

Irreplaceable Because of Him



PERSONAL REFLECTION

1. Is there any specialized work in your life currently that fits your unique skills and wiring?

What is your relationship with that work right now?

2. When you read “You don’t have a unique purpose” on page 183, how did you respond?

What objections, if any, do you have?

3. How would you have defined your “calling” before reading this section?

How would you define it now?

4. What has God circumstantially put in your life that only you can do? Do you have to set aside your ambitions to be faithful to those things?

5. What has God given you stewardship of?

6. Consider the list of people on page 197. Did you see any of these Bible characters in a new light? How does that change how you see yourself?

7. Did this section change your perspective? Does it cause you to see your life any differently?

8. Write a description of the life God has assigned to you, taking into consideration not just the things within you but the things outside of you that God has circumstantially put in your life.

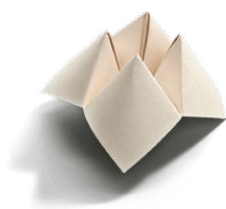
9. How does viewing yourself as a steward change how you live?

GROUP DISCUSSION

1. Of these past four sections (Great in Him, Seen by Him, Impactful Through Him, Irreplaceable Because of Him), which one has been your favorite? Why?
2. Give some examples of how our culture encourages us to find meaning within ourselves rather than in something bigger than ourselves. Why is this an attractive idea?
3. Why is it so tempting to attach our meaning to our specialized work?
4. Share one of your answers from the personal reflection questions with the group.
5. Read Esther 4 out loud together. Recall the rest of the book of Esther. How many unique circumstances can you name about Esther's life?
6. When have you been put in unique circumstances? As you look back, what was God up to in that situation?
7. Page 184 states, "God delights in you as much when you're sleeping as when you're working hard, because his affection for you is not based on your activity but on your presence." What would change in your life if you believed this?
8. Do you have deep longings to step into a specific type of work? What's driving this longing? Take a moment to offer this longing to God with your group.
9. Paul never described himself as special but rather as a minister of the gospel "according to the gift of God's grace, which was given me by the working of his power" (Eph 3:7). If your unique role in the kingdom is determined by God, not your abilities, how does that change things?

section seven

Noun-Obsessed Verbs



PERSONAL REFLECTION

1. When have you felt the temptation to let your “unique purpose” become your lord (pg 218-219)? How did you handle this temptation?

2. When you consider dying to your dreams and allowing obedience to God to rule your actions, what questions or emotions rise up? What do your questions say about God’s character?

3. Describe a time that you experienced a death to something because you were following Jesus.

4. Create an exhaustive list of all God has entrusted to you. Your relationships, circumstances, belongings, opportunities, capacities, suffering and comfort.

What areas have you neglected to steward well?

5. What do your actions reveal about how important sharing the gospel is to you?

What priorities might you have to set aside when a gospel opportunity presents itself?

6. Describe a time when your community helped you see things in yourself that you couldn't see. When was the last time you've been that for someone else? Choose to call out the strengths of someone else in your community this week.

7. What work has God set before you that you're resisting?

8. Make a list of things your hands have done today.

9. Take a minute to imagine the book of life before the throne of God. If you've trusted Jesus, imagine your name written in it. Consider the implications of this irreversible reality.

10. Write a prayer of thankfulness to God for all that he's done in you through this book.

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DISCUSSION QUESTIONS

1. Which chapter in this section encouraged you the most? Which one was the most difficult for you? Why?
2. What did you think of Corrie Ten Boom's life? What about the fact that "nothing extraordinary" happened in her life until her fifties?
3. Share one of your answers from the personal reflection questions with the group.
4. Read Ecclesiastes 9:7-10 out loud together. Discuss everything you've learned about Ecclesiastes through this book. What do you think about these concluding statements?
5. Share an example of someone who focused on their "calling" at great expense to their lives and families.
6. Read Matthew 16:24-26. Share a time when you experienced "losing your life." Did Jesus' words about finding your life prove true?
7. Consider the question, "What do you want to be when you grow up?" How has that question shaped your life?
8. Page 222 says, "We don't get to decide what happens to us as we follow Jesus." What fears do you have about that? What truths about God's character do you need to remember?
9. How has your community helped give you direction or courage to step forward where God was leading you?
10. What's your relationship with your local church like right now?
11. How has this book reshaped your idea of a purposeful life? How has this book reshaped your idea of who Jesus is and what you were meant for?