

Session 8 – Guide

EDIFY: Shape Your Life for Good

How to Make a Great Sandwich and a Good Life

A close-up photograph of a hand holding a sandwich. The sandwich is wrapped in a piece of paper with a black and white checkered pattern. A sprig of rosemary is tucked into the top of the sandwich. The hand is visible on the left, gripping the sandwich. The background is dark and out of focus.

This guide provides key questions, verses, takeaways, protocols and further study recommendations to help deepen your understanding and application of the session's content.

Setting the Stage

Introduction

In this session, we explore the concept of the "good life" through practical, relatable analogies, specifically using the metaphor of a sandwich. By understanding the "ingredients" that make life meaningful, we examined what the Bible teaches about living a fulfilled and intentional life. This conversation emphasizes the importance of balancing physical, relational, and spiritual needs to live in alignment with God's purpose for us.

What do we mean by 'Good Life'?

Key Verses:

- **Psalm 107:9:** For he satisfies the thirsty and fills the hungry with good things.
- **Psalm 63:3:** Because your love is better than life, my lips will glorify you.
- **Isaiah 32:17:** The fruit of that righteousness will be peace; its effect will be quietness and confidence forever.

Key Takeaway:

- Anchored in scripture, the good life is more than material prosperity. It's about finding **righteousness, peace, relational integrity, and Shalom**—a sense of harmony that aligns with God's design.

What makes your life good?

Key Ingredients for a Good Life:

- **Family:** Family relationships grounded in love, respect, and support are essential. Building deep, meaningful connections within families reflects God's relational design for humanity.
- **Purpose:** Living with purpose means engaging in work or activities that align with God's calling. Finding joy in our purpose brings satisfaction and motivation to serve others.
- **Community:** Strong community bonds provide support, accountability, and shared faith. Surrounding yourself with people who encourage and uplift you is vital for spiritual and personal growth.
- **Recreation:** Embracing activities that renew the mind and body, especially in nature, reminds us of God's creation and refreshes our spirit.
- **Health:** Stewarding physical and mental health allows us to serve God and others more effectively.
- **Creative Cultivation:** Engaging in creative activities enriches our understanding of God and helps us express His image through art, ideas, and innovation.
- **Growth Mindset:** Intellectual and emotional development enhances our lives and keeps us connected to God's truth.

How do you come back when life goes bad?

Key Verse:

- **Joel 2:25** *I will restore to you the years that the swarming locust has eaten."*

Key Takeaways:

- **Permission to Feel:** Authenticity with God and others about pain allows true healing. Acknowledge and feel the pain of difficult experiences without judgment.
- **Learn from Brokenness:** Approach difficulties with a reflective heart. Scripture, prayer, and wise counsel can transform pain into a guide toward growth. Instead of suppressing painful emotions, become curious about what they reveal about your life and your need for healing.
- **Rebuilding Through Christ:** Trust that God can use even the most painful moments to shape you for His purposes. Let God work through brokenness to restore and renew. Embracing His principles of love, forgiveness, and grace helps us rebuild a life aligned with His purpose.

Practical Protocols

Three ways to help build a good life.

1. **Cultivate Supportive Relationships:** Build and nurture relationships grounded in love, respect, and mutual growth by investing time, reaching out, sharing experiences, and offering support to family and community.
2. **Prioritize Purpose and Self-Care:** Engage in purposeful work and recreation that offer fulfillment, balancing them with self-care practices like physical wellness and mental rejuvenation for sustained well-being.
3. **Embrace Resilience and Healing:** Approach challenges as growth opportunities by acknowledging and processing emotions, reflecting on past difficulties, and seeking support from communities or spiritual practices to build resilience.

Reflect and Respond

Personal Reflection: Which of the core components of a good life do you feel is currently lacking? What steps can you take to cultivate this in your life?

Identify Areas for Growth: Are there areas where you're struggling? How can the principles from this session help you navigate these?

Commit to Action: Choose one of the practical protocols to implement this week. Reflect on how this action can lead you closer to a life of peace and fulfillment.

Further Study

- **Philippians 4:12-13** – Fulfillment through Christ, regardless of our external circumstances.
- **Acts 17** – Consider the Apostolic model of living with purpose and community.

