



There Has To Be More | Doug Wekenman | 04.27.2025

Weekly Study

SHARE

As group members get settled, take a few minutes to check in with everyone and see how life is going. Share an exciting story from this week, your highs and lows, an answered prayer, or something you're struggling with. If someone is really struggling, rally the group around them and take a few moments to pray over them.

- **Share a high, a low, and something interesting from this week.**
- **As the weather gets nicer, what summer activity are you most looking forward to?**

GROW

Are we truly living the full, abundant life God intended for us—or are we just getting by, settling for “fine”? If you've ever thought, *There Has To Be More* to life than this, you're not alone. Drawing from John 3:16 and John 10:10, Doug reminded us that eternal life isn't just something we look forward to down the road—it's something Jesus wants us to experience right now.

So, if you feel weighed down, like you're carrying a heavy bag of rocks everywhere you go, maybe it's time to slow down, sit with God, and take a look at what's going on inside. Let go of what's not yours to carry, rededicate the parts of your life that need to be handed back to Jesus, and step into the full, abundant life He promises.

Read John 10:10, John 3:16

- **How did Doug's message speak to you? What stuck out to you?**
- **Have you ever thought, "There has to be more" in life? What is the 'more' that comes to mind when you think about this?**
- **What do you think causes this longing for more?**
- **Is there an area of your life where you're just going through the motions because everything feels 'fine'?**

M O V E

Hebrews 2:14-18

When pain, struggle, frustration, and heartache come our way, our natural tendency is often to isolate and avoid. But the beauty of the gospel is that in every circumstance, we have a Savior who loves us so much He left His heavenly throne to be near us. He experienced the fullness of humanity so He could truly understand and empathize with us—rejoicing with those who rejoice and mourning with those who mourn.

The enemy seeks to steal, kill, and destroy by filling us with lies, fears, doubts, and shame — all things that make us want to bury our feelings and retreat into isolation. But Jesus came to sit with us in our pain, to help us process these emotions, and to give us the strength to let go of what doesn't belong, so we can embrace the abundant life He has for us. To do this, we must first become aware of the feelings we've buried, and then allow God to speak life into those feelings. Marc Brackett, author of *Permission to Feel*, puts it this way: "When we give ourselves permission to feel, we are not being weak, we are being wise. We're allowing ourselves to engage with the world in a deeper, more authentic way." Recognizing and understanding the condition of our heart is the key to walking the path toward an abundant life, and Jesus is with us every step of the way.

- "Take a moment to check in with yourself. Using the Mood Meter from Permission to Feel, try to identify how you're feeling right now. Which feeling best describes your current state? Explain.



- Is there a mood that you miss? Explain?
- Is there a mood that feels foreign or out of reach? Explain.

Read Ecclesiastes 3:1-8 NIV

Marc Brackett wisely says, "When we understand our emotions, we understand our needs. And when we know our needs, we know the actions that will bring us peace, growth, and connection." Our emotions are not random or something to be avoided—they're valuable

indicators of where we are in life. They can reveal a lot about the season we're in and the steps we need to take next.

In Ecclesiastes 3:1-8, we are reminded that "there is a time for everything, and a season for every activity under the heavens." Life is full of different seasons—some are filled with joy, others with mourning, some require action and courage, and others call for rest and healing. Our emotions often point to the season we're in. For example, if you're feeling restless, it could be a sign that God is calling you to step out in faith and take action. If you're feeling overwhelmed or burdened, it might be a season to slow down and heal, to lay down what's weighing you down and rediscover peace.

Sometimes our feelings show us that we need to rededicate ourselves to our purpose or renew our commitment to a relationship or calling. Other times, they reveal that we're holding on to something that needs to be released in order to move forward. We may need to forgive, let go of past hurts, or stop pushing ourselves beyond our limits.

When we pause to reflect on our emotions and understand what they're telling us, we open the door to making intentional choices that lead us toward healing, growth, and deeper connection with God and others. It's about recognizing the season we're in and taking the actions that align with where God is leading us. Whether that's stepping out in faith, slowing down to heal, or laying something down, understanding our emotions helps us move forward with clarity and purpose.

- **What do these feelings reveal about the season you're in?**
- **How can you align your actions with the needs your emotions are revealing?**
- **What would it look like for you to 'dive into the deep end' of following Jesus for a year, and what fears or obstacles hold you back from doing so?**
- **Any final thoughts on this week's message?**

P R A Y

As we reflect on where we are and what we're feeling, we ask for Your wisdom to recognize the season we're in and the steps You want us to take. Help us lay down what's holding us back, rededicate ourselves to Your purpose, and trust You with the next step of our journey. May we walk in Your peace, growth, and love. Amen.