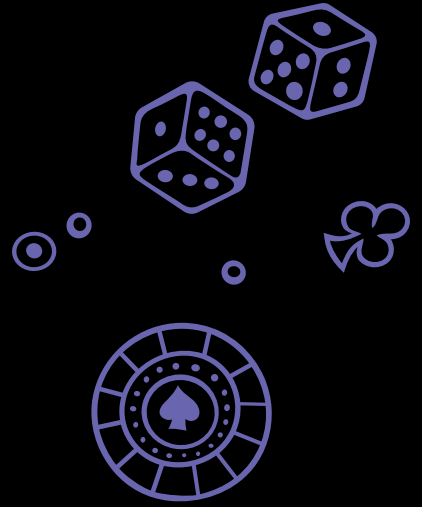
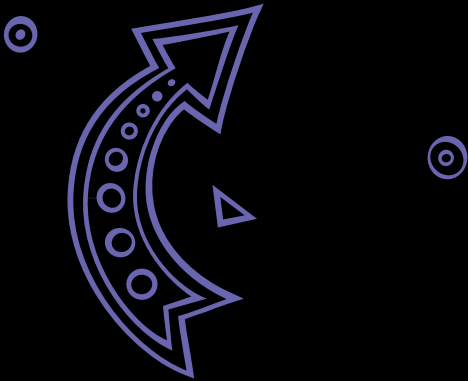


BAD BET 4



**ACCUMULATE
MORE**



NAME THE GAME

Now that the holidays are over and the new year has begun, most of us probably spent a moment or two thinking about (and possibly regretting) our eating habits over the past few months. What we consume—and the way we consume—matters. This isn't just true about what we eat. There are lots of things in our lives which promise us that if we have just a bit more of them, then we'll be content, satisfied, and at peace. But will that actually happen? And if that promise isn't true and is indeed a bad bet, what do we do about it?

- ♣ Did you make any New Year's resolutions this year? What are they and how are they going so far?
- ♣ How would you define the word "greed"?



SET THE TABLE

WATCH THE VIDEO FOR SESSION 4

Use the space below to take notes (or doodle, whatever works best for you).

SHUFFLE THE DECK

- ♣ Jeff observed that we live in a culture fueled by consumption. Do you agree with this? Where do you see the tendency to consume showing up?
- ♣ Jeff talked about how in some way, all of us feel a pull to consistently want a bit more of something, whether it is a product, food, activity, or other thing we consume. Where do you feel this pull the most?

Read **Luke 12:15-21**.

- ♣ Look at the parable about the rich man. How many times do you see him refer to himself? Notice the places he does so. Why do you think this is significant?
- ♣ What do you think it means to be “rich toward God”? How would a person know if they are rich toward God?
- ♣ Jesus said to guard against every type of greed. How do you think you are doing in this area? What have you learned about dealing with the appetite of greed?
- ♣ Jeff shared that the key to dealing with this appetite is to shift to a healthier diet—to move from being driven by consumption to generosity. Have you ever experienced greater joy and peace from being generous? When and how?
- ♣ The Bible talks about giving in three different ways: systematic (based on a regular percentage); spontaneous (hands open, when an unexpected opportunity arises); and sacrificial (when given a unique opportunity to go above and beyond). In which of these three areas do you think you have the most room to grow?

It takes discipline to fight against our consumption appetite. Take five minutes to do the **Closer Look Activity** on pages 34-35 to think about how you can intentionally shift towards a healthier spiritual diet in your life.

- ♣ Are you considering one of the ways to fast this week? What is it, and when specifically will you try to fast? Is there a way your group can encourage one another while fasting?
- ♣ What verse would you like to try and memorize? Why did you select that verse?

Fighting against the appetite for greed is something we all need to work on. It takes discipline to hold off from consuming more. And it often means shifting our efforts to focusing on God and others. Remember to use the **Daily Devotionals** on pages 36-37 to help you memorize your verse.

CLOSER LOOK ACTIVITY

FASTING

In the Bible, the practice of fasting is mentioned close to 70 times as a way to pray or petition God. Through abstaining from something for a period of time, we express our dependence and need for Him. In a consumption-driven culture, fasting is a way to pause, reflect, and feel the hunger pains of a broken world. While most commonly done by abstaining from food, there are many ways to fast. Look at the ways listed below, and circle one or two that you might want to try.



TELEVISION/NETFLIX/YOUTUBE

Fast from watching TV or streaming for a few days or perhaps even the whole week. Use the time instead to connect with your family or other people in your life.



SOCIAL MEDIA

Hold off from engaging Facebook, Twitter, Instagram, or another form of social media for the week.



GOSSIP/TALKING

Be mindful of when you or anyone you are around is engaging in gossip. When you see it popping up, change the subject. Hold off hitting the “share” button on social media when you know it tears down rather than builds up other people. Or, fast for a day from speaking, choosing to talk only when absolutely necessary.



LUNCH

Not all of us should skip meals due to health reasons. But if it is feasible to do so, forgo eating lunch and use that time to read your Bible or pray instead. Or try a 24-hour fast: go from lunch on the first day through lunch on the second day.



SPENDING

Choose to refrain from any unnecessary expenditures for a week. Instead, use the money you would have spent to buy a cup of coffee or meal for someone else.

MEDITATING AND MEMORIZING

Having a healthy diet isn't just about not consuming bad stuff. It's also about being intentional about consuming things that are good for us, too. This week, be intentional about consuming Scripture by memorizing a verse that reminds you who you are in Christ. Being reminded of our identity in Him is a great way to shift from finding worth in our stuff to finding it in God.

Below are five verses about our identity in Christ. Circle one that you would like to memorize. Then, use the space provided in this week's Daily Devotionals on pages 36-37 to write out your verse each day, as an easy way to memorize and meditate on it.



1 JOHN 3:1

See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!



2 CORINTHIANS 5:17

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



2 TIMOTHY 1:7

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.



EPHESIANS 2:10

For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.



2 CORINTHIANS 5:21

God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.



DAILY DEVOTIONAL



**WRITE OUT YOUR
MEMORY VERSE:**

REFLECT

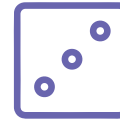
Pause for a moment, letting these words sink into your heart. We don't earn our place in God's family. We can rest in Him through what Jesus did for us.



**WRITE OUT YOUR
MEMORY VERSE:**

REFLECT

Pray this verse back to God. Thank Him for all that He has done.



**WRITE OUT YOUR
MEMORY VERSE:**

REFLECT

How does having your identity in Christ change the way you approach today? How would it make you bolder, more confident, and more generous?



**WRITE OUT YOUR
MEMORY VERSE:**

REFLECT

We don't do good things to make ourselves right with God. Rather, because God made us right with Him, we get to reflect God's love by doing good deeds!



**WRITE OUT YOUR
MEMORY VERSE:**

REFLECT

Try to say your memory verse out loud. Do it in the car, or while you're out for a walk or talking with a friend. Speaking a verse aloud can often change the way we hear or understand what God is saying to us.

