

# In The Middle

## Part 3 – Doing Your Best

### Discussion Guide

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In our efforts to do our best, we often chase worthless treasure. We miss that real Treasure has always been available to us. This week we will focus on fixing our hearts' desires on God's will for our lives. God is more interested in "why" we do what we do than in "what" we do.

#### Jump Start

1. Share about a time when you felt you were on a "wild good chase" for something. What was the result?
2. **Read [Psalm 119:10-16](#)**. This season has presented new and ongoing challenges. It has also brought to light many of our heart issues. How are you managing the middle? Where are you making progress? What are intentionally doing daily to make the progress God is calling you to make?
3. **Read [2 Corinthians 9:6-7](#) and [Galatians 6:7-8](#)**. What are you currently sowing? What do you expect to reap? What are the short-term results of sowing to your flesh? What are the long-term results of sowing in the spirit?
4. **Read [Colossians 3:23-24](#) and [Hosea 10:12](#)**. How does the Bible define "righteousness"? Why is it important to sow with a view and goal of righteousness?
5. **Read [Galatians 6:8](#) and [Matthew 7:1-5,9-12](#)**. What seeds are you sowing to reap a harvest that honors God? What boundaries or people in your life can you put in place so that you are able to sow in the spirit and not to your flesh?
6. God loves us and desires to have a relationship with each one of us. He wants your heart and your attention. You can go to Him and ask for wisdom and understanding. This attitude of humility will keep you focused on what truly matters—and find that what matters has always been available. **Read [Matthew 6:21](#)**. What things in the past or present have you esteemed more highly than you should? What made you realize you had placed an inaccurate value on that thing, person, or relationship? **Read [Philippians 4:8](#), [Proverbs 4:25](#), and [Romans 15:4](#)**. What things should we think upon?

## Deeper

We will learn how to complete a **SOAP Bible Study** by looking at one passage of Scripture and breaking it down. **SOAP** stands for **S**cripture **O**bservation **A**pplication **P**rayer. Let's get ready to sit down with the Bible and see to what God wants to show us. Completing this study during your quiet time, then sharing with your Life Group, can allow for deeper understanding and revelation of new perspectives. **Things you will need:** Bible, Notebook, Pen.

This week we will look at the Parable of The Rich Young Ruler. We will SOAP this to further our understanding of what truly matters to God. As you study this scripture, ask the Holy Spirit to reveal the truth that God wants to show you about your life. Ask God how you can apply this new wisdom, and then be a blessing to others. To further your understanding, here is a commentary from the [Matthew Henry Commentary](#) (scroll down to 16-22)

7. **Scripture.** Read [Matthew 19:16-22](#) What stood out to you the most about these verses?  
*Take time to read the passage and allow God to speak to you. Jot down anything that made you stop and pause or anything that you questioned. When you are done, look for a verse that particularly spoke to you and write it out fully in your journal.*
  
8. **Observe.** What is the Spirit of The Lord revealing to you? What did the whole story teach you? What did the specific verse that you were drawn to teach you?  
*What do you think God is saying to you, personally and specifically, in this Scripture? (You can even have a short prayer at this point, asking the Holy Spirit to teach you and reveal Jesus to you. Remember that He promised to give us wisdom and reveal truth to us when we ask.)*
  
9. **Application.** How will you apply what was revealed to you in your life daily?  
*Personalize what you have read by asking yourself how it applies to your life right now. Perhaps it is instruction, encouragement, a new promise, or corrections in a area of your life. Write down how this Scripture applies to you today.*
  
10. **Pray.** Pray about what you have read in [Matthew 19:16-22](#) Pray your special verse back to God, asking Him to help you understand and apply it.  
*This prayer can be as simple as asking God to help you use this Scripture, or even a prayer for a greater insight on what He may be revealing to you. Remember, prayer is a two-way conversation, so take time here! Be sure to listen to what God has to say! Now, write it out. Journaling your quiet time helps you to see what God is teaching you over time.*

