

THE HANGOVER

Turn last year's mess into a year of meaning



Part One: How do I find more meaning? // Jeff Brodie // January 10th, 2021

Be honest...your 2020 was a bit of a bust. Do you even remember your pre-pandemic life? Who knew the isolation, fear, or frustration you would face? At the same time, you did learn some things about yourself. So where does that leave you? What if your new year was pivotal for all the right reasons? This year, discover deeper meaning in your life. In this series, we're going to look at lessons from 2020 through scripture and apply them in a way that brings genuine meaning to your relationships, your time, and your struggles.

Scripture: [Ecclesiastes 1:2, 12:1-2, 13-14 NLT](#); [Matthew 16:24-26 NLT](#)

Bottom Line: Meaning begins with who, not what.

Getting Started:

1. Looking back on 2020, what's one of the most challenging things you faced or had to adapt to?
2. What would you say is one of the key learnings you experienced in 2020 that you don't want to leave behind?

Jumping In:

3. Jeff shared that one thing that makes 2021 different is that it's a chance to reboot or rethink some of your priorities for the future. What priorities do you think could be different for you as you look ahead to the next 12 months?
4. Jeff shared that as people age, society gives less and less definition around how we "should" live our lives. As a result, sometimes we have an existential crisis of meaning (vacuum) - particularity between age 35-45. Would you say that's true? Why or why not? Is that something you've seen or experienced?
5. Viktor Frankl, a holocaust survivor, neurologist, and psychiatrist observed: "When a person can't find a deep sense of meaning, they distract themselves with pleasure." Would you agree with this observation? Why or why not?
6. Where do you substitute pleasure for meaning in your life?

Discuss:

7. Ecclesiastes is a piece of literature all about a person who is having a crisis of meaning. As a summary, read [Ecclesiastes 1:2,12:1-2,13-14](#). While much of the writing of this book follows the pattern of 1:2, the entire book makes a shift in chapter 12. How would you describe that shift?
8. When you look at the world around you, how do you see people searching for meaning? What do you think King Solomon would say to them?
9. Read [Matthew 16:24-26](#). What is it about these words of Jesus that really speak to you?
10. There is a connection between surrender to God, finding meaning, and our souls. Looking at both of the passages this week, how would you describe that connection?
11. What area of your life would you want to invite God into so that you could experience more meaning?

Moving Forward:

This week, sit silently for a moment. As you do, take stock of the times you feel the most meaning and thank God for them. Think about the areas of your life that leave you feeling empty, and ask him to speak into them as you sit.

Next week Jeff will be talking about how to find more meaning in your relationships. Take some time to reflect this week on what relationships bring the most meaning to your life, and what relationships drain you of meaning and purpose.