

Appendix

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How To Be A Great Group Participant

Please be the kind of group member that everyone enjoys.

- There are four days of "homework" each week. Please interact honestly with the "homework" so that you can comprehend and share your thoughts at each group meeting.
- Show up on time for the group meetings and participate freely without dominating.
- Resist trying to teach others or trying to fix/change them. Nobody likes a "know-it-all."
- Make every effort to connect with those in the group through authenticity and the practice of curiosity. Curiosity is a mindset that allows us to ask good questions, seek understanding of others, and prevents us from being self-focused. When we walk into the group and curiosity is in play, we ask, "Is there someone here I can encourage or who needs a friend to listen?"
- Try to apply what you are learning to your life so that you develop **CONVICTIONS**. A conviction is superior to preferences in that convictions lead to a changed life—something a preference cannot do.

What Do We Mean By "FULL DELIGHT?"

In the pursuit of the FDFD life, it is important that we understand what is meant by "FULL DELIGHT."

Option One: A FEELING that is most closely associated with pleasure—the unbridled satisfaction of a desire, something that makes me happy, something fun.

Option Two: A life of FLOURISHING—spiritually, relationally, emotionally, intellectually, and physically.

Key Truth: No one can attain either option by focusing their life on attaining delight/joy/happiness. It is a BY-PRODUCT of a life lived in harmony with God's purposes. In other words, when His desires become my desires, I THRIVE. When I find my joy in what brings Him joy, I THRIVE. This is called by some "Christian Hedonism."

Perhaps one of the most important questions that a human being can ask and be able to answer is this: "Why am I here?" Or, "Is there a purpose for my life that has been given to me or am I free to make up my own?" People are free to choose their own purpose for living, but at the same time, they are free to MISS OUT on a life of thriving. When we exercise our freedom to align ourselves with God's purposes, we are free to find and experience the life of delight that God intended for us all.