

THE
SEARCH
PARTICIPANT GUIDE



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THE SEARCH

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THE SEARCH

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Writer: Sean Dalton

Graphic Design: based on the Augustine Studios design team (Justin Leddick, Kevin Mallory, and Steve Flanigan). Layout by 5 Stones Group, NFP

Film Series Production: Augustine Institute Studios



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Greenwood Village, CO 80111
Information: 303-937-4420
AugustineInstitute.org
Formed.org

Printed in the United States of America ∞

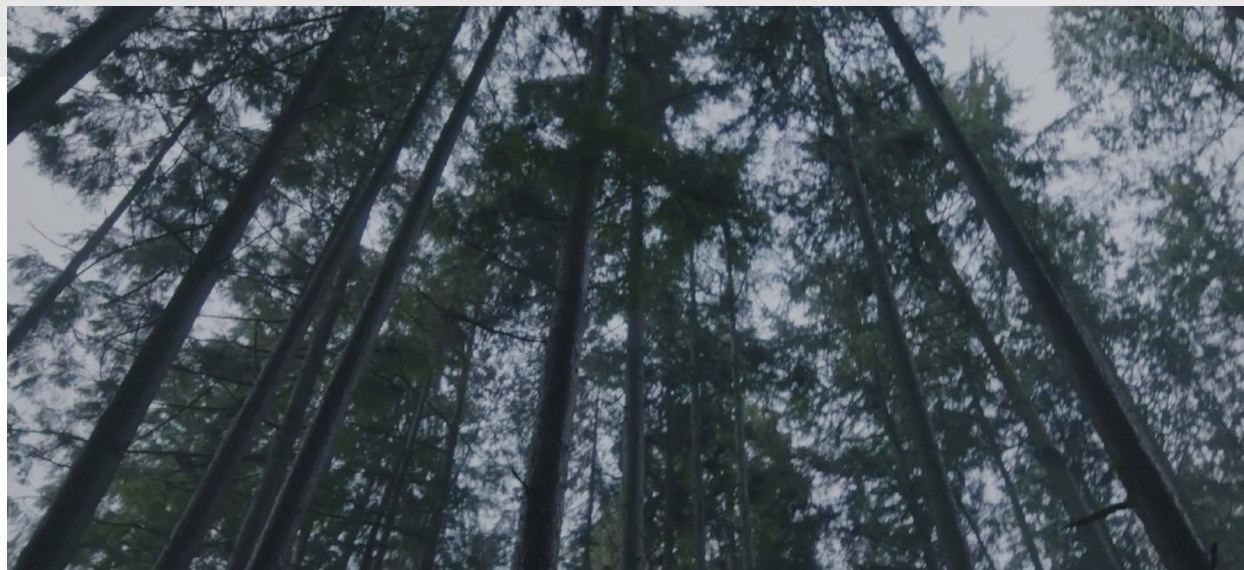
SESSION 1

WHAT
DO YOU
SEEK?



WELCOME

Welcome to THE SEARCH. The purpose of this small group is twofold. First, to get to know one another better. Secondly, to share our reactions to the key points made in the video. Therefore, we'll start each small group with a question about ourselves. We'll try to keep our answers to two minutes or less. There is no pressure to share in this group. Just simply say "pass" if you would rather not say anything. Please feel free to express what you agree with, or what you disagree with, or what you might be struggling to understand.



GETTING TO KNOW YOU

Let's go around the group and introduce ourselves. Where do you live? How long have you lived here? Where do you work? Are you married? Do you have children? What is a hobby/activity you enjoy? Finally, why did you come to THE SEARCH?

WHAT DO YOU THINK?

We are going to discuss some quotes from the video. Please share your honest reaction with the group, whatever that may be. But, before we start, let's establish an important ground rule for how we engage in discussion: Seek first to understand, then to be understood. In other words, let's practice active listening and really try to understand the point of view of the person sharing, especially if we don't agree. Refrain from interrupting or correcting one another, or speaking too long when you're given the chance. Feel free to write down your thoughts, or things that were said, in the space for notes under each point. Let's begin.



The part we often overlook is really the most important part of a tombstone; it's that little thing between those two dates—the dash.

CHRIS STEFANICK



Happiness is "the cause of some going to war, and of others avoiding it" and it "is the motive of every action of every man, even of those who hang themselves."¹

CHRIS STEFANICK, QUOTING BLAISE PASCAL

¹ Blaise Pascal, *Pensées* 7.425, in "Morality and Doctrine," trans. W. F. Trotter (Mineola, N.Y.: Dover Publications, 2018).

SESSION 1 | WHAT DO YOU SEEK?

The findings in an eighty-year-long Harvard study suggest that happiness leads to better health and longer living, and a key predictor is found in belonging to a loving community.²

According to counselor Jim Owens, many suffer from “destination addiction,” the belief that happiness will not arrive until a particular circumstance changes in our lives.

² Liz Mineo, “Good Genes Are Nice, But Joy Is Better,” *The Harvard Gazette*, April 11, 2017.



Maybe the first mission in life as an adult is to find the meaning and purpose in your life, because you will not find happiness unless you know what the meaning and purpose of life is.

JIM OWENS

SESSION 1 | WHAT DO YOU SEEK?



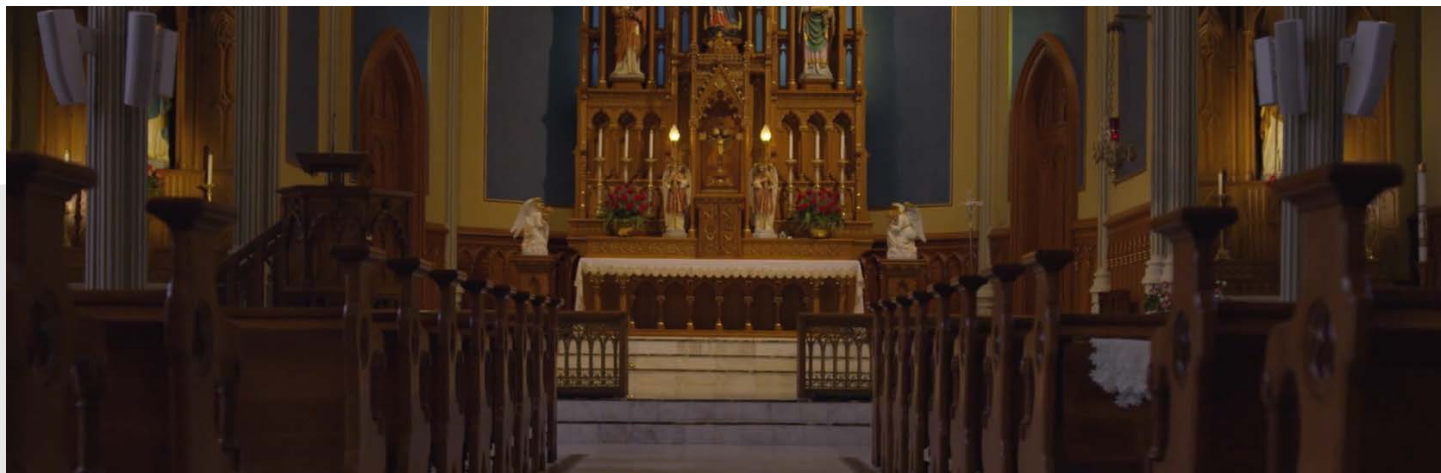
What if we are throwing away religion because of what we think it is?

CHRIS STEFANICK



What do you seek?

JESUS CHRIST, QUOTED IN JOHN 1:38



WRAP UP

It seems that we are restless creatures. We have an appetite in our hearts that is difficult to satisfy, though not for a lack of trying. Many have looked to satisfy this appetite with things like power, money, fitness, adrenaline, pleasure, and honor. Unfulfilled, they keep searching to fill the longing. Is it possible that the longings of our hearts were not meant to be filled by anything in the world around us? Is there something more?

Let's wrap up our time with this last question: What is one take-away for you from this session?

CLOSING PRAYER

Dear God, thank you for this group. Thank you for the opportunity to wrestle with the big questions in life. May each of us come to a sense of peace about who we are and what is the purpose of our lives. Amen.