

**A Life Well Lived**  
**“A Life Well Lived Requires Effort” (2 of 4)**  
**Cornerstone Church Of Poway**  
**Pastor Rich Sherwood**  
**July 14, 2024**

**Sermon Notes**

**Big Idea:**

Living with intention

1 John 1:5-7 NIV

“This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all. If we claim to have fellowship with him and yet walk in the darkness, we lie and do not live out the truth. But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.”

Romans 12:3-8 NIV

“For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you. For just as each of us has one body with many members, and these members do not all have the same function, so in Christ we, though many, form one body, and each member belongs to all the others. We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith; if it is serving, then serve; if it is teaching, then teach; if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead, do it diligently; if it is to show mercy, do it cheerfully.”

Notes: \_\_\_\_\_

Hebrews 10:23-25 NIV

“Let us hold unswervingly to the hope we profess, for he who promised is faithful. And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.”

Notes: \_\_\_\_\_

Ecclesiastes 4:9-12 NIV

“Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.”

Notes: \_\_\_\_\_

→ **How are you choosing to live your life?**

**I will choose to live with intention by:**

- Seek out your community.
- Use your talents and opportunities to create a new community.
- Is there someone you need to forgive for the sake of community?

**Ruth: God's Redemptive Power**  
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**Family Corner:** [Choose one day this week to ask questions to go deeper in faith as a family. Try this over dinner. Keep it to 12 minutes or less.]

**Open in Prayer.**

This guide aims to facilitate a meaningful discussion, encourage personal reflection, and foster mutual support within your small group. Feel free to adapt it to better fit your group's dynamics and needs.

**Big Idea:**

Living with intention

Think of a time you belong to a community that had a significant impact on your life. Describe what that community was and why it was so impactful.

Read Ecclesiastes 4:9-12

What is the main point of Ecclesiastes 4:9-12?

How does the Idea of "two are better than one" and "a threefold cord is not quickly broken" apply to our relationships?

In what ways can we practically apply the idea of mutual support in our own lives?

What are some examples of times when companionship has strengthened you or others?

How might this passage inform our understanding of teamwork in various settings, such as at work or in community projects?

What are some potential challenges or pitfalls in maintaining strong relationships, as suggested by these verses?

How does the idea of "a threefold cord" enhance the strength of a relationship compared to just two people working together? Consider Matt 18:20. The third cord could be the Spirit of God.

In what ways can this passage inspire leadership and guidance in a church or group setting? What does this passage suggest about the value of unity and cooperation in overcoming challenges?

How does this passage relate to other Biblical teachings on relationships and community?