



# JESUS

## Life to the Brim

The D-Cycle is a curriculum containing content designed to establish the scriptural foundations of the faith in the life of a believer.

### VISION FOR LIFE TO THE BRIM

Life to the Brim is what Jesus offers to those who come to him. Jesus satisfies our every desire and because God created us, He knows that nothing else will satisfy us. Contrary to popular belief, following Jesus does not result in a boring, dry, and empty life. Instead, Jesus broadens our horizon of possibility bringing us love, joy, and peace.

#### John 3:16 (Dallas Willard Paraphrase - The Divine Conspiracy)

God's care for humanity was so great that he sent his unique Son among us, so that those who count on him might not lead a futile and failing existence, but have the undying life of God himself.

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### HEAD

#### Summary of Points

1. John 10:10 describes the abundance of life that those who come to him will have. Read through some different translations to hear it in a fresh way (suggested translations: ESV, NIV, CJB, NLT)
2. In the beginning, life was in Jesus, and through Jesus we can see properly (John 1:4-5)
3. Jesus is the life and intimacy with Jesus is intimacy with God
4. Living in God's way's results in joy for our entire being and security

## Lifegroup Scriptures

**I Have Come that They May Have Life**

John 10:7-10

**In the Beginning**

John 1:1-5

**I Am the Life**

John 14:6-7

**God's Goodness Displayed**

Psalm 16

## D-Group Scriptures

**Jesus Brings Kingdom  
Life**

Matthew 4:23-25

**The Arrival of the  
Kingdom**

Isaiah 61:1-7

**The Joy of Those Who  
Live With Jesus**

John 15:11 (NLT)

Psalm 89:15 (CSB)

**God's Blessing**

Numbers 6:24-26  
(NIV)

## Discussion Methods

Below are two suggested methods for discussing Scripture.

<b>Traditional DBS New Testament Letters</b>	<b>Inductive Bible Study Gospels, Acts, Old Testament Accounts</b>
1. What does this say about God?	1. Observation – What happened?
2. What does this say about me/people?	2. Interpretation – What does it mean?
3. What is my obedient response?	3. Application – How can I obey?

# HEART

## Questions

1. How do you think following Jesus and his teachings will impact your relationships with family, friends, and your time in college?
2. What are the feelings that come up when thinking about Jesus' offer of abundant life?
3. Have you experienced the joy that comes with experiencing Jesus' life? If so, how often do you experience it? What is the most vivid memory you have of experiencing that joy?

*Lifegroup content ends here*

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# HANDS

## Discipleship Actions

1. Implement a rhythm of stillness followed by gratitude to help facilitate awareness of the blessings of God's creation.
2. Ask Jesus to reveal lies that you have believed about the life he has on offer to those who trust in him. When we come face to face with a lie, this is an opportunity for repentance!
  - a. See the 'Tending your Heart' Card for more details.
  - b. Share your repentance plan with a trusted mentor or spiritual leader for wisdom, encouragement, and accountability.
3. Ask Jesus to reveal who you are in Him and any dreams that he has for you as you enter his life
4. Ask Jesus for a fresh perspective on the joy that comes with following Him