

# INSOMNIA

Does My Life Really Matter?

WARM UP

**What is one of the most valuable things your parents owned?**

SET IT UP

There are questions that haunt every human soul. They confuse us, upset us, and derail us. They are the questions that keep us up at night. We won't find peace until we find a satisfying answer. When we feel lonely, ignored, or unsuccessful we ask the question: "Does my life really matter?"

CHAT IT UP

1. **Have you ever bought something only to find out it was cheaply made? What was it?**
2. **What can make someone feel cheap (i.e. like they don't matter)?**
3. **We can find our sense of value in our "X-Factor." Which one of these X-Factors do you most identify with: Influential, desirable, knowledgeable, likable, capable, successful, or spiritual?** (Note: Instead of sharing out loud, you can have your group indicate when they know.)
4. **Read Psalm 139:13-18. Summarize a verse at a time.** (Note: Keep it simple.)
5. **What has David realized that leaves him in awe?** (Answer: The infinite God of the universe *likes* David personally; "I matter to God!")
6. **What kinds of things do people typically do when they lose their X-Factor?** (Answers: Get mean, get depressed, lose hope, self-medicate, work harder at it, ruthlessly compete.)
7. **How would this truth change how you acted or reacted this past week?**
8. *Optional Closer: Write each group member's name on a notecard. Then pass them around the group. In one word write what you appreciate about the person on the card until every group member has written on every card. Then return the cards to their owner.*

WRAP IT UP

You matter because you matter to God. Return to this truth often to live free from the pressure to make yourself valuable through your performance or the opinions of others.

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LEADER TIPS

- **Note—this discussion is going to be a little personal. You cannot talk about someone’s value without getting personal. As always, use your discretion and be up front by giving your group members the permission to pass on a question.**
- This topic is a sensitive one. Some may have struggled with thoughts of suicide in the past. Others may have regrets about the way life is working out. And some may feel like they have nothing to contribute. Listen and respond accordingly.