



YOU DON'T HAVE TO BE EVERYTHING TO EVERYBODY

with Jeremy Simmons

▶ FOCUS VERSES

Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

Philippians 3:13-14

▶ DISCUSSION

1. **Jeremy talks about how quickly he met his first wife, got married, had children, and started a new career.**
 - a. Have you ever had a period in your life where you felt like major events were happening very rapidly?
 - b. Did you feel excited by that pace, nervous that things were happening too fast, or a little of both?
 - c. Looking back, is there anything you would've done differently?

2. **Jeremy also talks about how working 60 hours a week helped distract him from the pain he was feeling inside.**
 - a. Have you ever used work (or a hobby, or even volunteering) to distract you from pain or frustration you were feeling at home?
 - b. What was the wound you were trying to fill or heal, and what did your work provide you that helped you take your mind off it?
 - c. Did the problems get better, and if so, how?



Find this podcast at theredeemed.com/jeremy-simmons/

- 3. Have you ever felt like Jeremy did after his divorce—that you “ran out of spirituality” or “out of prayers”?**
- a. What were you praying for in those moments, and did it ever feel like prayer had gone from being something uplifting to being a chore?
 - b. Looking back, do you think you were working too hard to take control of something?
- 4. If you’re divorced, what’s the most daunting thing about re-entering the dating world?**
- a. If you have a divorce in your past but are now remarried or in a relationship, what was the thing you were most scared of about the dating scene, and what did it take for you to finally feel at ease, or comfortable in your own skin?
- 5. Do you have any experience with a blended family, or do you have a friend or relative who’s part of such a family?**
- a. Talk about the challenges you’ve experienced or witnessed, as well as the uplifting moments. Have those made any impact on how you relate to your own family?
- 6. In “Family 1.0,” Jeremy says he was “arrogant” enough to think he could be everything to everybody, then felt like he’d let his family down when he fell short of what he’d promised them. In “Family 2.0,” he says he’s much more self-aware and honest about his limitations.**
- a. Which version of Jeremy do you identify more closely with or feel more similar to right now, and why?
- 7. Do you feel overextended in your life, or feel like you’ve made promises to people, explicit or implicit, that you’re finding yourself unable to fill?**
- a. If you leveled with your spouse, family, co-workers, or friends about this situation, how do you think they would respond?
 - b. What’s the biggest reason why you’ve felt reluctant to be honest with them about your limitations?

