

Use this Discussion Guide and the [Message Notes](#) to dive deeper into this message from Pastor Eric Gilbert. This message premieres 10/19/2025 on [3trees.Online.Church](#) and the [3trees Church Facebook](#) and [YouTube](#) pages.

You can download the [MESSAGE NOTES](#) here:
What's It Worth? | "The Chase"

KEY SCRIPTURES

Mark 8:36

Genesis 2:7

1 Peter 2:11

THINK | *Ask a question to get your group thinking*

What's something people often chase after that seems valuable in the moment—but often ends up costing peace, joy, or rest?

How do you see this "gain vs. loss" tension playing out in everyday life (career, relationships, social media, success, etc.)?

If your life had a "spiritual calculator," what would be adding to your soul right now—and what would be subtracting?

SHARE | *Choose a question to create openness*

- When Jesus asks in The Gospel of Mark 8:36–37, *"What does it profit a man to gain the whole world and lose his soul?"*—how does that question hit you personally?
- Have you ever achieved something you thought would satisfy you, only to realize it left your soul feeling empty or restless? What happened?
- What are some subtle "trades" we make that can slowly starve the soul without realizing it? (e.g., hurry, image, busyness, comparison)
- How can we tell the difference between pursuing healthy ambition and chasing something that costs us our soul?

Let the group pick one or two of these to discuss deeply.

PERSONAL COMMITMENTS | *A personal commitment for this week*

What's one practical step you can take this week to invest in your soul *rather than trade it away*?

Examples:

- Identify one thing that's draining your soul and set a clear boundary around it.
 - Make intentional time to be with Jesus—no agenda, just presence.
 - Trade one temporary chase for something eternal.
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PRAY | *Be bold and pray with power*

"Jesus, thank You for reminding us that our souls are priceless. We confess that we often chase things that can't save or satisfy us. Restore what's been weary and help us to live with eternity in view. Teach us to choose what matters most—You—over everything else. Amen."
