

# GROUPS

## Group Meeting 1

*The following group discussion topics cover Chapter 1 of the book “Change Forward” by Pastor Jeff Daws, Stockbridge Community Church and can be found on page 15 inside the book.*

**LEADERS:** It's a great idea to read out the overview below to set the stage for the first few weeks of group discussions.

**OVERVIEW:** Tired of being stuck in life? Want things to be different but aren't sure where to start? This study that accompanies the book Change Forward is your map to getting unstuck and on your way to a new you!

**ICEBREAKER (If your group needs it)** Welcome to our first meeting. Let's spend a few moments getting to know one another. Let's go around and share our name and two things about yourself to help us all get to know a little something about our fellow group members.

### KEY VERSES

*Pride goes before destruction, and haughtiness before a fall. Proverbs 16:18 NLT  
God opposes the proud but gives grace to the humble. James 4:6 NIV*

**#1** What emotions come to you when you hear the word “change?”

**#2** Many great advancements came about because people were willing to see things differently. **What areas in your life could benefit from a new way of thinking?**

**#3** The negative form of pride can hurt and interfere with good relationships. Are you “keeping score” against someone?

**Follow Up:** If you answered “yes” to the last question, give some thought as to why you're doing that. **What would it take to change the way you think about that person?**

**#4** The story of two boys and a bird (pg.13) taught us that we have the power of life and death in our hands. **What are some ways that you can use your hands to bring “life” to those around you?**

**#5** An important step in positive personal change is to move from fixing the blame on someone to working on a fix for the problem. **Be honest; how often do you catch yourself blaming others at home, work, or school?**

**Follow Up:** How could you approach problems at home, work, or school differently?

**Closing Prayer/Requests** (Week one's closing prayer should be done by a group leader. After this week, feel free to ask the group "Would anyone like to close us in prayer?".)

### **Announcements/Next Steps:**

- You can begin or continue Growth Track on the 1st, 2nd, or 3rd Sunday of every month. It takes place in the West Auditorium at 11am!
- Our yearly Fall Carnival takes place on October 31st after the 11am service concludes. Bring the kids out to have some fun, you can even sign up on your connection card at SCC or online to participate as a team member and serve.
- Baptism is taking place on October 31st in both services. Ready to take your next step in following Jesus? Sign up with your group leader today!