

GROUPS

Group Meeting 2

The following group discussion topics cover Chapter 2 of the book “Change Forward” by Pastor Jeff Daws, Stockbridge Community Church and can be found on pages 34-35 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) How did you get to SCC, and how long have you been here?

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 The beginning of a new year is the most popular time for people to make changes in their lives. **Do you make New Year's resolutions?**

Follow Up: If so, what is your track record for keeping them?

#2 To help change what we are like as a person, we must ask ourselves who we want to become like. **Who do you want to become?**

Follow Up: What qualities would you like to have?

#3 The way we see ourselves shows up many times in the way we talk about ourselves. Your words can work FOR or AGAINST you. **What do you need to STOP saying about yourself?**

Follow Up: What do you need to START saying about yourself?

#4 Look at the statement, “*When you know who you want to become, then you'll know what to do.*” **What actions do you need to start taking in your life to make your vision of yourself a reality?**

#5 “CHALLENGE” Saying daily declarations about specific qualities you want to develop in your life is an important way to help you make these changes a reality. Get a 3x5 card and write down 5 positive declarations about yourself. When you are finished with your list, say them out loud and continue saying them out loud every morning for the next 21 days. In 21 days, come back to this page and evaluate any changes you have observed in yourself and in your life. You can also adjust these 5 declarations to better fit who you want to become.

Closing Prayer/Requests “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!