

GROUPS

Group Meeting 5

The following group discussion topics cover Chapter 5 of the book “Change Forward” by Pastor Jeff Daws, Stockbridge Community Church and can be found on pages 68-69 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) Who was your best friend in elementary school? Are you still connected with them today?

KEY VERSES THAT WILL BE USED IN TODAY'S MEETING

JAMES 1:19 AND MATTHEW 7:7-8

#1 Just like the engine on a train pulls its cars in the direction it's going, your connections determine your life's direction. Take a moment and think about the people around you throughout the week. **Who is having a positive pull on your life? Who is having a negative pull on your life?**

#2 Think about a time in your life when a friend pulled you in the wrong direction. **What happened? What did you do to get yourself going in the right direction?**

#3 Take a moment to think about some of your favorite interests. (These could be related to work, pastimes, talents, skills, and so on.) Now thinking of your top favorites, **do you know someone who is better at them than you?**

#4 In reference to the previous question, if you know someone who is better at something than you, **how could you reach out to them to learn from them?**

#5 Read James 1:19. Asking questions is key to supercharging positive change in your life. **Who in your life could you contact and set up a meeting to ask some questions you'd like answered?**

#6 Read Matthew 7:7-8. **How could these verses be an inspiration to you as you seek out knowledge, wisdom, and training in your life?**

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!