

GROUPS

Group Meeting 3

The following group discussion topics cover Chapter 3 of the book “Change Forward” by Pastor Jeff Daws, Stockbridge Community Church and can be found on pages 45-46 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) What is the easiest thing you've ever given up?

KEY VERSE *There is no fear in love. But perfect love drives out fear. 1 John 4:18*

#1 One of the biggest battles we face in changing ourselves for the better is what we hold on to. **What is something in your life that you're still holding on to, maybe even from long ago? How could you let it go?**

#2 Fear and anxiety can deter us from letting go of the things from the past that we know we need to release. Read Philippians 4:6-7. **According to these verses, what is our spiritual weapon against fear and anxiety?**

#3 The next time you find yourself fearful, angry, or anxious, what if instead of a usual response you turned to prayer first? **What would it take for you to make this possible in your life?**

#4 Read 1 John 4:18. Notice that fear can suppress love and that love can drive away fear. **Looking at your average day, which would you say is more active inside of you:**

fear or love?

#5 Fear is a natural part of being human, but that does not mean that we have to be victims to fear. **Preparing for the future, what could be a new plan of action for you when you start to feel fear building up inside of you?**

#6 In the story of Booker T. Washington, his mother silenced the rooster. **What “rooster” in your life do you need to silence?**

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. (LEADER NOTE - GREAT CHANCE TO SERVE OUR COMMUNITY TOGETHER!)
- 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! (LEADER NOTE - HOW AWESOME WOULD IT BE TO BAPTIZE SOMEONE IN YOUR SMALL GROUP?!)