

GROUPS

Group Meeting 7

The following group discussion topics cover Chapter 7 of the book “Change Forward” by Pastor Jeff Daws, Stockbridge Community Church and can be found on pages 101-102 inside the book.

ICEBREAKER (If your group needs it) What was the worst thing anyone ever said to you at work or school?

KEY VERSES THAT WILL BE USED IN TODAY'S MEETING

Ephesians 4:32, Colossians 3:13, and Matthew 14:27

#1 Family disappointments and hurts can be some of the deepest wounds we receive in life. **From your life, what comes to mind when you hear the words *family disappointment*?**

#2 When you have been hurt by someone, be honest, **which of these options best describes how you typically handle the pain:**

- a) Replay the scenario over and over in your mind
- b) Ignore what happened
- c) Forgive the person who hurt you and move on
- d) Plan how to get back at the person

#3 Read Ephesians 4:32 and Colossians 3:13. **How do these verses counsel us to respond to relational hurts?**

#4 Discouragement can be defined as the loss of courage, confidence, or enthusiasm. Think of a time recently where you felt discouraged. **What happened that led you to feel discouraged?**

#5 Read Matthew 14:27. **How could you use the words of Jesus in this verse to restore your courage, confidence, or enthusiasm?**

#6 Many times in life, it can be easy to think that just because we failed at something that we *are* a failure. **How can you fight against this false idea?**

#7 Think of a time that you felt really down and someone encouraged you. **What did they say or do that made a difference in your outlook? Does doing good make you feel good?**

Closing Prayer/Requests “Would anyone like to close us in prayer?”

Announcements/Next Steps:

- **Our next meeting will be the final meeting that has a curriculum and will cover chapter 9. You are encouraged to go ahead and read chapters 8 and 9 before our next meeting.**
- 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!
- The next opportunity to take your next step in baptism is coming up on November 28th, sign up today with your group leader or on your connection card this Sunday!