

GROUPS

Group Meeting 6

The following group discussion topics cover Chapter 6 of the book “Change Forward” by Pastor Jeff Daws, Stockbridge Community Church and can be found on pages 84-85 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

Philippians 4:8, Matthew 15:11, and Psalm 19:14

#1 What are some examples of negative self-talk that you have heard in your mind recently?

#2 Referencing your answers to the previous question, how could you turn those negative thoughts into helpful, positive declarations?

#3 Read Philippians 4:8. How might reading this verse every morning change your outlook on your day?

#4 CHALLENGE: Find someone to practice your listening skills on and repeat back to them in your words what they said to you. This is a great communication technique to learn and practice because it helps to eliminate misunderstanding in conversation.

#5 Read Matthew 15:11. Think back over this week at how you have spoken to people. How would you describe the tone of the words you used? If you were on the other side of these conversations, how would the tone and word choice impact you?

#6 What does the statement, “To change your home, change your tone,” mean to you?

#7 Read Psalm 19:14. What is something good that God has done for you that you can focus on tomorrow throughout the day?

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!
- 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!