Week 1: How to Change

Big Idea
Real life change happens in relationships. Change happens from the inside out, not the outside in.

“It’s better to have a partner than go it alone. Share the work, share the wealth. And if one falls down, the other helps, but if there’s no one to help, tough! Two in a bed warm each other. Alone, you shiver all night. By yourself you’re unprotected. With a friend you can face the worst. Can you round up a third? A three-stranded rope isn’t easily snapped.”

(Ecclesiastes 4:9-12 Message)

“When someone becomes a Christian, he becomes a brand new person inside. He is not the same anymore. A new life has begun!”

(2 Corinthians 5:17 TLB)

Discussion Questions
• What are some positive changes you have seen in your life? What did you do to bring about the change?
• We have all found ourselves isolated at some time. Pastor Chris shared five reasons why we walk alone: naivety, temperament, fear, past experiences, and busyness. Which reason(s) can you relate to the most? What can you do to overcome it?
• What would you want those who know you best (family, friends, associates, etc.) to say about you when your life is over, and what would have to change in your life to make that a reality?

Next Step
• Change happens in our lives when we let God change us on the inside. What area of your life would like to change the most? What is a practical step you can take this week to experience a spiritual change?
• Most change takes place by getting someone else involved to help you. Who is someone in your life who can help you initiate change? Reach out to him or her this week and discuss what you have discovered and your plan of action.

Prayer Focus
• Allow time for group members to share prayer requests.
• Pray for God to open your group members’ eyes to an area they need to change. Pray that group members will allow God to do a full work in them, and that they will stay connected in relationships.
• Pray for strong relationships, unity, and protection in your group. Pray 2 Corinthians 5:17 aloud over your group members.

Leader Tips
Ask the group members to pair up and exchange phone numbers. Encourage them to call each other before the next meeting to pray together.