

## **Groups Discussion Questions**

### **INGREDIENTS FOR THE ABUNDANT LIFE | Week 1 "From Stuck to Unstuck"**

Studies have shown that most people feel stuck either in their personal or professional lives (or both.) God does not want us to be stuck and he has given us the tools to become unstuck. In order to change anything, you must change something. There are many things in life that we cannot change, but we *can* transform our minds by focusing on what God says rather than on what we might be thinking or feeling.

#### **GETTING TO KNOW YOU**

1. Welcome back from Christmas Break! For those of you who are jumping in for the first time we are so glad you are here! Share with the group the best Christmas present you GAVE someone this year. What made it special?
2. Some people love to make New Year's Resolutions and others hate it. So, let's change it up a bit. What are you most grateful to leave behind from last year? What are you hoping and praying will be different this year?

#### **SERMON NOTES REVIEW**

Looking back at your sermon notes from this weekend's teaching, was there anything said that caught your attention, challenged you or confused you?

#### **DIGGING DEEPER**

1. What jumps into your head first when you hear the word "stuck"? There are lots of idioms that use the word "stuck": stuck in traffic, stuck in a rut, stuck on a treadmill, stuck in the past, stuck in the fast lane. Can you come up with other expressions about being stuck? How do you think being stuck keeps us from fully experiencing all that God has for us?
2. The truth is that being stuck is less about what is going on around us and more a function of what is going on *in* us. Read more about this in 2 Corinthians 10:3-6. What does Paul mean by the expression "to take every thought captive?" What are some practical ways we can do this for the thoughts that keep us stuck?
3. Read and discuss what the Bible says about some of the things in life that make us feel stuck:
  - Feeling Alone – John 14:16
  - Feeling Lonely (yes, it is different) – 1 John 4:16
  - Feeling Guilty - Luke 15:7
  - Feeling Sad – Romans 8:18
  - Feeling Worthless – Ephesians 2:10
  - Feeling Fearful – Psalm 27:1-3

4. Read Proverbs 23:23. What do you think this verse means? How can acquiring truth, wisdom, instruction, and understanding keep us from getting stuck and help us if we find ourselves there?
5. Each week we sing to and about God. Read Zephaniah 3:17. How does it make you feel to know that God delights in us and that he actually sings over us? How can the knowledge help you at times that you are feeling stuck?

### **TAKING IT HOME**

- What thoughts are keeping you stuck that you need to take captive?
- Consider this statement, "What you will tolerate you will not change." Decide what needs to die in you so that God's purpose for you can live.

### **PRAYER TIME**

Close your group in prayer. Ask God to give you the strength and resolve to take every thought captive that threatens to keep us stuck and to replace those thoughts with the hope found in Christ.

### **ACTION ITEMS**

- It has been said that "God will not steer a parked car." What will you do *today* to shift your "car" of your life from Park into Drive?
- The Israelites were "stuck" in the wilderness for 40 years until God said to them, "You have made your way around this hill country long enough; now turn north" (Deuteronomy 2:3). Haven't you have been stuck long enough? Take your first intentional steps toward the true "north" of trusting God.