

Group Discussion Questions

INGREDIENTS FOR THE ABUNDANT LIFE | Week 3 “Unstuck Part 2”

Almost everyone experiences times of feeling stuck or in a rut. Neuroscience has shown that when people change how they think they can actually change the way in which the brain processes information. Fortunately, God has provided our brains a way to get out of the ruts we find ourselves in.

GETTING TO KNOW YOU

1. The last few weeks have been cold and rainy. It’s the kind of weather people seem to either love or hate. Which side of the fence do you come down on when it comes to cold rainy days? Why do you feel that way?
2. If you could go back in time and change any event in human history what would it be? How would you change it? Why would you want to change it? How do you think things would be different today if this change had been made?

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. Read Roman 12:2. What do you think Paul means when he talks about “the renewing of your mind”? What are some ways that we can renew our minds? How can understanding how God view of reality and God’s ways help us to renew our minds?
2. Read James 3:4. Experts claim that changing even the smallest thing can have a profound effect on how we feel. This can cause a ripple effect that can enable us to begin to become unstuck and move out of our rut. What are some small things we can do to begin the process of real change? If you feel comfortable share a time that you made a small change that made a big difference in your outlook.
3. One way that we can kick start our journey from stuck to unstuck is by acting and speaking kindly toward others. Read the following verses and discuss the concept associated with each verse:
 - Galatians 5:13—Kindness is a choice
 - Proverbs 12:25—It costs nothing to speak kindly to others
 - Proverbs 16:23, 24—Kind words can heal the heart and mind
4. Read Romans 12:10. How can we develop a sense of urgency to intentionally show love to someone just because they are a creation of God? (Think of “outdoing one another in showing honor” not as trying to show each other up, but rather as a race to the BACK of the line.)
5. Read 1 Thessalonians 5:12, 13. How does it make you feel when someone is kind to you? Take some time in your group to recognize and acknowledge others who have been kind to you. How can gratitude to others who have been kind to us help to move us from being stuck?

TAKING IT HOME

- What is one small change you can make that can help you to begin to become unstuck? Now, MAKE IT!
- Considering that your thoughts are your reality, what will you do to ensure that your thoughts align with God's?

PRAYER TIME

Close your group in prayer. Ask God to help you to become unstuck by focusing energies on being kind and serving others rather than to dwell on the things that are keeping us stuck. Pray for opportunities to show kindness to others.

ACTION ITEMS

- Take time this week to take an inventory and write down ways in which God has blessed you. Keep it handy so you can refer to it when you are feeling stuck. Ask God to give you an attitude of gratitude to replace your flurry of worry.
- Each day this week read Philippians 4:8. Begin to replace the negative thoughts that are keeping you stuck with what is true, honorable, just, pure, lovely, commendable, and praiseworthy.