



Getting to know you: What is your favorite worship song? What is your favorite Bible verse?

Quick Review: Looking back at your notes from this week's teaching, was there anything that caught your attention or challenged you?

Sunday, October 22nd
LifeGroup Discussion Guide
Did God Really Say: Becoming Free

MY STORY:

1. Read John 8:31-32 What does it mean to know the truth? How does knowing the truth lead to freedom?

DIGGING DEEPER

1. Freedom is found by letting God transform us and change the way we think. Read Romans 12:2. Do you feel like you are allowing God to change the way you think?
2. What thoughts take up your mind during the day? Are they negative or positive? Healthy or unhealthy?
3. Dr. Carolyn Leaf says: "As we think, we change the physical nature of our brain. As we consciously direct our thinking, we can wire out toxic patterns of thinking and replace them

with healthy thoughts.” Do you feel like your thoughts control you or that you control your thoughts?

4. Read 1 John 1:5-10 What does this scripture tell us?
5. Is confession a part of your daily routine?
6. James 5:16 talks about a second kind of confession. Confessing our sins to one another. Do you have an accountability partner? Someone to walk alongside you as you follow Christ. If not do you know someone you could ask?

TAKING IT HOME

1. Sin leads us to isolation and secrecy. What are some sins you need to confess to God that have been holding you captive?

PRAYER REQUESTS/PRAY FOR ONE ANOTHER!

Leaders, don't forget to take attendance!