

STARTING OVER

Starting Over Discussion Questions

January 17, 2016 - Part 3: Rethink It

LEADER NOTES

We learn from our mistakes in the areas that matter least. We repeat our mistakes in the areas that matter most. Too often, we look at our pasts and our decisions don't even make sense to us. We end up asking, "What was I thinking?" But we rarely stop long enough to discover the answer.

HANGOUT (warming up to the topic)

1. What's one thing from your past, big or small, you wish you could "do over." If you could go back in time, what would you do differently?
2. Talk about a time when you saw someone make a mistake even though everyone around him or her warned that it was a mistake. Why do you think that person was unable to recognize that he or she was making a mistake even though it was obvious to everyone else?
3. During the teaching Forrest said, "If you're not in control of your thoughts, then you are not in control of yourself and without self-control you have no real power." Do you agree or disagree? Why?
4. One of the Five Toxic Assumptions Forrest talked about during the message was *My secret is safe with me*. Do you agree that it's dangerous to live with secrets? Why or why not?

HEAR (listening to God through Scripture)

- 5 Read Romans 12:1–2.
 - What is one area of your life where you're trying to put on the new without first taking off the old?
 - Practice makes permanent, not perfect! As you think about God's vision for your life beginning 2016, what imperfect pattern would you like to stop rehearsing? What new or unfamiliar pattern would you like to begin rehearsing?

HUDDLE (making it personal and prayer)

- 6 What is one thing you can do this week to begin to renew your mind in this area? What can this group do to support you?