

## TALK IT OVER

### Key Scriptures

... train yourself to be godly.  
1 Timothy 4:7 NIV

*So I run with purpose in every step. I am not just shadowboxing. I discipline my body like an athlete, training it to do what it should. ...* 1 Corinthians 9:26-27 NLT

... For the joy set before him he [Jesus] endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Hebrews 12:2 NIV

### Featured Messages

*Greater Reward*  
Why Can't I Change?

*Winning the War in Your Mind*  
Take Your Mind Back

*A Better Way*  
When You're Too Busy for What Matters

*Deep Clean*  
Healing From Shame

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Visit [info.life.church/talkitover](http://info.life.church/talkitover)

Whoever finds God, finds life.

More of God's truth all week long at [finds.life.church](http://finds.life.church)

Start talking. Find a conversation starter for your group.

- What was your favorite message from this year? What made it stand out for you?

Start thinking. Ask a question to get your group thinking.

- Which part of this message was most impactful for you and why?
- Read **1 Corinthians 9:26-27**. In what ways did you train with purpose this year? Share one area of your life that you'd like to continue training in 2022.
- A stronghold is a lie we've believed as truth. What is a stronghold that has dominated your life, and what truths from God's Word could help you combat it?

Start sharing. Choose a question to create openness.

- What will you do to walk slowly enough to experience Jesus fully and love people deeply? How will you know when you're doing this well?
- How would your life change if you focused less on what you're not and more on who Christ is? What would it look like to live without shame?

Start praying. Be bold and pray with power.

*Father, we thank You for this year and all that You've done in it. As 2021 comes to an end, please help us slow down and rest in You. We are excited and expectant for all You will do in our lives and in our LifeGroup in 2022. In Jesus' name, amen.*

Start doing. Commit to a step and live it out this week.

- [This week, reflect on the past year. Then, share one goal you have for 2022 with your LifeGroup. Talk about ways you can hold one another accountable to achieving your goals.](#)
- Start the *Deep Clean* Bible Plan using Plans With Friends: [www.go2.lc/clean](http://www.go2.lc/clean)
- Consider how you could love others by serving on the weekend or with a Local Mission Partner.