



This IS US Pt. 5
Intimacy Journey Pt. 2

LifeGroup Discussion Guide
for the week of 6/9/2018

CONNECTION

- [1] Describe a time in your life when you tried to change something. How did you go about making the change? What were the challenges?

OBSERVATION AND INTERPRETATION

- [2] Pastor Rich stated that the journey of intimacy often requires change in ourselves rather than our environment or in the other person. Do you agree or disagree with this statement? Why?

- [3] Why do we tend to focus more on circumstances than our need to change within those circumstances?

- [4] The Serenity pray used in our Celebrate Recovery Groups states, “God, grant me the serenity to accept the things I cannot change, The courage to change the things I can, And the wisdom to know the difference.” What does this prayer teach us about approaching our need to change?



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APPLICATION

When we have determined we need to make a change ... it begins with a change in thinking: Our Belief System (see proverbs 23:7, NKJV).

At heart, the intimacy in human relationships flow from the intimacy in our relationship with God which is founded on what we believe about God.

[5] When you think about God what is the first thing that comes to mind?
What beliefs do you have about God that might need some changing?

[6] How does knowing God is generous and limitless (see Romans 8:32, NKJV) change your understanding of who God is? What impact does this have on our limited thinking?

[7] What happens in our relationships when we believe the other person is holding out on us? Or we carry the attitude that they are never good enough? How would changing these attitudes change your approach to the other person?

[8] It is said that what our heart dwells on it expands. What might be the outcome in our relationship if we focused more on the other person's strengths rather than their weaknesses?

TAKING IT HOME

Change is never easy; it takes knowledge, a willingness to invest, and motivation. Pastor Rich laid out a plan for change in your relationships 1) Honest Evaluation 2) What outcome are you hoping for 3) What steps can you take 4) Execute the plan. This week pick out something to work on in a relationship and prayerfully develop a plan and in God's power implement it.



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