The Power to Change
Stop Trying. Start Training.

JC THE Journey CHURCH

Key Scriptures Passage	Questions for Reflecting and Group Discussion

Key Scriptures Passage

Romans 12:2

1 Corinthians 9:24-27

1 Timothy 4:7-8

Proverbs 4:14-15, 13:20

True Change does not come from Behavior Modification but Spiritual Transformation.

The habits you have today will shape who you become tomorrow.

When You're Training:

1. You get the gear.
2. You create a game plan.
3. You hang out with other people in training.
4. You get a coach or mentor.

Group Values:

Authenticity – Be honest. As you share together, learn to build trust with one another.

Accountability – Give permission for others to ask you questions about your life.

Safety – NO gossip. However, if someone is in danger, putting someone in danger, or through their inaction causing a person to be in danger then it must be reported.

Questions for Reflecting and Group Discussion

Sharing with six questions

Pray for the Spirit's guidance and direction together.

Read the Key Scripture Passage. Discuss each question, giving time for all to respond. Silence may be required sometimes to give time for all to process the questions.

Answer the following questions together as a group

- What do we learn about God from this passage?
- What do I learn about people?
- Is there a sin to avoid?
- Is there a promise to trust?
- Is there a command to obey?
- Is there an example to follow?

For Discussion:

1. What are some self-improvements you have tried to make that fell short?
2. IF you know what your "spiritual who" is…
   a. What gear will you need to train?
   b. What Christ-honoring habits will help you? how will you schedule those habits?
   c. What people that you can be around with similar goals? Journey Group? Parent's group? etc.?
   d. Who can be a coach or mentor for you to train?
3. In your own words, why is training for godliness worth the work? What step are you taking today?

Pray as a group for God to lead all the people of the group. Ask Him to to each person what areas need change, and where you need to surrender to Him to have His power work through each of you.

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