

Grove Group's

Discussion Guide

Dear Younger Me: Life Lessons you Taught Yourself

Warm Up

Go once around the group and answer: So far in your life, what were some of the best years? Why did you enjoy them so much?

Background

The idea of this worship series came from a CBS series, "A note to self." Here is an example of it if you have a screen and want to show it. [Cyntoia Brown to her 16-year-old self: "God hears you" - CBS News](#)

Sometimes its fun to think about what some of the Bible characters might write to themselves in later years. Sometimes its inspiring to think about what we might write to younger versions of ourselves.

Reflect

1. Do you have a favorite Bible character? What lessons might they share with themselves after the events of their life?
2. If you were going to write a letter to a younger version of yourself, what are some of the themes? What would your older self tell your younger self. OR what would your younger self tell your older self?

Explore Scripture

Read James 1 together. The author is giving all sorts of advice, and listing life lessons. What of this advice is helpful or unhelpful to you.

Prayer

Who has joys or concerns, persons or situations, they'd like to have lifted in prayer?

Next

Set the next meeting time. Optional: discuss Connected Care activity and Service activity.