

# Sermon-Based Discussion Questions

## January 20<sup>th</sup>, 2019

**Ice Breaker:** What was a highlight from this past week?

### Talking To Myself

On January 6<sup>th</sup> we started a new series called *TALKING TO MYSELF*, and Doug asked: “**Could a key to a New Year and a new you be how YOU talk to YOU?**”.

Doug clarified that in this series we are focusing on that inner voice in our head that is fueled by the truth, or the lies, we tell ourselves, which come from the truth or lies we are fed or we feed ourselves. The challenge from last week was: **Make sure you are filling your life with TRUTH or your self-talk will tell you LIES.**

This week Doug shared a question that his friend asked him that was helpful:  
“**What would YOU tell YOU if YOU were sitting across the table from YOU?**”

**How would you answer that question? What is something you know you need to say to yourself right now that you need to tell yourself?**

Doug pointed out that KNOWING is only half the battle....

**READ: James 1:22-25** - Make some Observations and Applications about this passage.

Why do you think we often know what to do but don't do it?

How have you seen that tendency in your own life?

**Read James 4:17** - Doug called that the “snooze” effect – “delaying doing what we know we need to do.” Doug made the stated that “delayed obedience is disobedience.” Can you think of a time where you hit snooze on and delayed responding to doing what you knew God wanted you to do? Can you think of a time when you wanted to delay but you did it anyway?

Is there something right now where you know what to do but aren't doing it? Why is it a challenge for you? How can we help?

**Doug talked about the importance of MIRROR CONVERSATIONS. Looking in the mirror and talking to ourselves, as well as making sure our self-talk mirrors God's truth.**

How can you make sure your self-talk is mirroring God's truth? What is your plan for filling your life with truth this week?

What is one “Note To Self” you need to focus on speaking to yourself this week and put it into practice?

**CLOSING PRAYER:** Have people share prayer requests for this week and spend some time praying for each other. Challenge everyone to pray for each other throughout the week.