

LIFE GROUP CURRICULUM - WEEK 4

Take 3-5 minutes and read through the following 31 affirmations silently. Choose the 1-2 affirmations that if you lived by them, would make the biggest difference in your life. Then go around the circle and share your thoughts with the group.

1. Seeing – Rejecting distortions and manipulation of the truth, I choose to see others as they really are and to see myself as I really am.
2. Surrendering – Resisting the urge to take control, I choose to surrender to God and His wisdom.
3. Feeling – Refusing to numb myself, I choose to honor my feelings and what I can learn from them.
4. Believing – Rejecting crippling doubt, I choose to believe that God is real and that He cares for me.
5. Healing – Allowing nothing or no one to take control over me, I surrender to the healing power of the Holy Spirit.
6. Choosing – Refusing to believe the lie that I am stuck forever, I exercise my freedom to choose to do the next right thing.
7. Searching – Rejecting distortion and manipulation, I search for wisdom and truth from God to guide me in all I do.
8. Connecting – Rejecting isolation, detachment and darkness, I choose to connect with God and others and to walk in the light.
9. Belonging – No longer feeling rejected or abandoned, I recognize that I am included. I belong to God and to God's people.
10. Receiving – No longer bound by the demands and neediness of others, I receive from God and from others.
11. Agreeing – Renouncing half-truths, shame and toxic distortions of reality, I agree with truth and everything that brings life.
12. Reflecting – No longer fearful of quiet and stillness, I embrace wisdom and choose to reflect on my life and learn from my experiences.
13. Stabilizing – Avoiding the chaos that accompanies sickness, I choose stability.
14. Learning – Living beyond the immediate urges and impulsive drives, I choose opportunities to learn and grow.
15. Building – No longer falling apart, I choose to build up others and myself in body, mind and spirit.
16. Growing – Tolerating discomfort, I choose to grow in my relationships with God, other people and myself.
17. Integrating – No longer accommodating splintered pieces of myself, I choose to integrate all of who I am to become a healthy, whole and functioning individual.

TAKE YOUR LIFE BACK

WEEK 4 THE RESPONSIVE LIFE



TAKE YOUR LIFE BACK

18. Forgiving – No longer harboring bitterness and resentment, I choose to freely forgive others.
19. Resolving – No longer fleeing from conflict or avoiding confrontation, I choose to resolve issues with others to promote peace, reconciliation and healing.
20. Restoring – No longer stealing freedom from others or allowing them to steal mine, I choose to restore what has been lost.
21. Reaching – No longer waiting for others to notice or validate me, I am reaching out to others when in need.
22. Sharing – No longer hoarding possessions, talent or time, I choose to share gracefully all that I've been given from God.
23. Serving – No longer enslaved to serve others under compulsion, I choose to serve with gratitude because God has called me to do it.
24. Giving – No longer greedily robbing others of their time, confidence or reputation, I choose to give from the abundance I've been given.
25. Leading – No longer allowing others to determine my course, I choose to stand up and lead others to a new way of living.
26. Providing – No longer taking whatever I can get from others, I provide others with time, attention, encouragement, affirmation and respect.
27. Utilizing - No longer afraid to ask for help, I reap the benefits of resources that enrich my life.
28. Comforting – No longer the victim of another's neglect or cruelty, I take time to receive and experience comfort from God, others and myself.
29. Experiencing – No longer bullied by distractions and obsessions, I choose to experience being fully present wherever I am.
30. Protecting – Avoiding dangerous people and places, I protect the gains I've made by investing in those who help me stay grounded in reality.
31. Persevering – No longer a victim of my past, I persevere through difficult times to experience the blessings God has for me and for those I love.



PLAY SESSION 4 OF THE STUDY

DISCUSS AS A GROUP

1. Why do you think giving back to others is such an important part of the healing process?
2. Perhaps you have heard the principle, "You cannot change other people; you can only change yourself." When is a time you tried to change another person and it proved fruitless?
3. Why do you think it is easier to appreciate or even like a person more once you know where they have come from? Have you ever experienced this?
4. What is the benefit of sharing your story with other people?
5. What is the risk of sharing your story with other people?
6. When is a time you were able to help another person because of a past hurt or experience in your own life?
7. How does moving from reactive living to responsive living bring about freedom?

END IN PRAYER

TAKE YOUR LIFE BACK

