



“Stories” 2019 - Week One: Dr. Caroline Leaf

Participant’s Guide

Main Idea: We’re starting 2019 with our Stories Series. For the last couple of years, we’ve had the opportunity to hear others stories and how God has moved in their lives. These stories offer us amazing opportunities to see how God is working in others to change lives. This week we heard from Dr. Leaf about how we can control what we think, feel, and choose when we focus on how we are created and more importantly who we belong too.

Opening discussion Question:

During the story this weekend Dr. Leaf shared we need to avoid toxic habits. What are some of those habits people can fall subject to?

Read: Genesis 1:26 and Galatians 5:22-25

1. These verses show whose image we were created in and the characteristics of that image. What does that image look like, and how can we see it in each of our lives?
2. How can knowing we are made in God’s image affect our lives both emotionally and spiritually?

Read: Colossians 3:1-2

3. It is said, “What we focus on and let into our lives will be reflected in how we live and treat others.” What does this passage encourage us to do? How will doing these things change the way we live?

Read Colossians 3:15, Philippians 4:6-7 and John 14:27

4. It was shared this weekend we all: Think - Feel - Choose. Our hearts are the center of conflict. There are feelings and desires, fears and hopes, distrust and trust, and jealousy and love all clash. How can we deal with these constant conflicts and love as God wants?

Read Romans 12:2, John 13:34 and 1 Corinthians 13:4-7 and 13

5. We heard about living in the “love zone” this weekend. Romans 12:2 shares that we must be firmly planted in the values rooted in our minds. Let God transform you into a new person by changing the way you think. How can “thinking, feeling and choosing” love change us and those around us?

Next Steps: We discovered this weekend we can control our thoughts, feelings, and actions. However, this can only be done through giving our lives over to Jesus and remaining faithful to His teachings and commands. This coming week review the following

1. Have you truly turned your life over to Christ? This is done by believing, confessing, repenting, baptized (immersed) and remaining faithful. If not, or if you're unsure, talk with your Group Leader and/or a Pastor/Leader at Real Life.
2. Reflect on who you belong to and were created by in order to understand your true worth to Him and others.
3. Are you remaining faithful and following Jesus? Identify those toxic areas/behaviors in your life that need to change . Seek God's will and allow the Holy Spirit to help change you.
4. Look for ways you can encourage and love on others in the same way that Christ has shown love to you.

Reading Plan

Sunday – Galatians 5:22-25

Monday – Colossians 3:1-2

Tuesday – Colossians 3:14-17

Wednesday – Philippians 4:4-9

Thursday – John 14:27

Friday – Romans 12:1-2

Saturday – John 13:34 and 1 Corinthians 13