

shift

Shift: Part 5

Small Group Questions: This ONE Thing I do

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Read

Romans 7:15 and 12:2; John 1:14; Proverbs 23:7; Ephesians 4:22–24; Mark 4:1–8; Phil. 3:12–14

Reflect

In Mark 4, Jesus tells the parable of the farmer sowing seed, and how seed scatters over different soils. What soil do you think describes where you are right now in life (roadside, rocky, thorns, good)?

Chip Judd helps us determine where we are and how to root ourselves in good soil:

1. Why do we repeat behavior that doesn't work? Why at times and in certain situations do we feel like we're not in control of ourselves?
2. The brain God gave you has a limited amount of an important resource: attention.
 - a. Your brain handles complexities by building habits or subconscious scripts for different situations and challenges. Can you identify some habits and scripts that you want to change?
3. Growth happens when we identify the "state" we're in now and see it as a "stage" in our journey toward becoming the healthiest, strongest version of the person God wants us to be.
 - a. How does the distinction between "state" and "stage" help you?

Shift: this one thing I do....

1. Take responsibility for where you are and how you got here.
 - a. You're not responsible for how you are, but you're responsible for changing the way you are.
 - b. Freedom and empowerment come from taking responsibility: bondage and victimization from giving it away. In what areas might you be giving in to victimization?
 - c. Own your responses to life's challenges. You can't change others, but you can change so that others' behavior no longer works on you. Identify a behavior by someone close to you that affects you negatively. How can you change your typical response?
2. Don't waste your pain.
 - a. Learn from it. What past pain still impacts your thoughts, feelings, and behavior?
 - b. What thoughts and feelings do you need to pull out of unconscious autopilot and into present awareness? How can you learn from them rather than be led by them?
3. Don't choke on God's goodness.
 - a. How are you allowing the idols of the surrounding culture to drive your pace and your priorities?
 - b. Are you using someone or something (an idol) to meet a need that only God can meet?
 - c. How can you increase your rest/margin so the brain can better manage challenges? How can you decrease your stress/anxiety?
4. This one thing I do.
 - a. How do you tend to overestimate what could happen in a short period of time and underestimate what can happen in a longer season?
 - b. What one thing can you focus on until the people around you see progress?
 - i. Think small. Start small. Get big results.

Respond: Where is God leading you? How can your small group support you?