

Small Group Questions

Reactions: Where Do My Reactions Come From?

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This week, Pastor Josh Walters reminds us that our reactions often reflect what is going on inside of us and that aligning our hearts with God is how transformation begins.

Read:

2 Cor 10:5, Rom 12:2, Phil 4:8, Rom 10:10-11, John 6:29, Luke 6:45, Prov 4:23, Luke 23:34

Reflect:

1. My reactions start with my thoughts.

- a. What does it mean to take our thoughts captive?
- b. How can we train ourselves to think better thoughts?
- c. What negative thoughts keep recurring in my life?

2. My reactions are solidified by my beliefs.

- a. What am I doing daily to reaffirm my core beliefs about God? About myself?
- b. What do I believe about others that I know is not true or in alignment with God's word?

3. My reactions eventually surface through my behavior.

- a. When was a time in your life that you regretted a reaction?
- b. How did you accept responsibility for this moment?
- c. If you haven't yet, how can you change that?

Respond:

What is God saying to you and how can your small group support you?