

# Change your Thoughts, Change your Health!

## Small Group Series

### Discussion Points:

1. What to expect from this series and why we are doing it.
2. Change is hard. Why do people fail?
3. Your thoughts create your life.  
Thoughts -> emotions -> behaviors -> outcomes
4. Reference: "Winning the War in Your Mind" by Craig Groeschel

## Small group discussion questions:

1. What is an area of life that you feel stuck? What is a change that you want to make but cannot seem to do it?
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## Self-Reflection:

### Challenge Question for the month

What is the lie that you are believing that is keeping you stuck? Dig deep to find the root of the lie.

Example: Initial thought - Ice cream comforts me when I am sad.

Digging deeper – I can't cope with sadness. I am not strong enough or unable to deal with emotion without some form of comfort.

## Quotes to reflect on:

You cannot defeat what you cannot define. You cannot change what you will not confront. -Craig Groeschel

Whether you think you can or you think you can't...you are right. -Henry Ford

\*\* Don't forget to invite your friends to join and be a part of your small group.