

Change Your Thoughts, Change Your Health

August Session

Importance of Group Connection:

How are you going to encourage each other and meet during the month?

Review from July's teaching and small group for today:

1. Declaration Statement
2. Who is God?
3. God looks at me and thinks:

August teaching:

1. Double Whys
 - Why?
 - Why Not?

2. Freedom Model & Iceberg

Small Group for Today

1. Share your declarations and how your view of God and what God thinks of you plays into the lie?
2. How will you support each other throughout the month?

