

Change Your Thoughts, Change Your Health

December Session

Importance of Group Connection:

How will you continue connecting and encouraging each other?

December teaching:

1. What's getting in your way? How is it impacting other areas of your life?
2. Rider, Elephant, Pathway
3. Colossians 1:29 "I work very hard at this, as I depend on Christ's mighty power that works within me."
4. Galatians 5:17 – our mind is a battlefield
5. Realistic Expectations - "Failure is not the falling down, it's the staying down"
6. "As long as we allow habit and routine to dictate our patterns of living, new dimensions of our soul will never emerge" (Henry Van Dyke)

Topics for Small Group Today

1. Review the results of the change model (from November session) with your group and the things you can do to prevent or overcome setbacks.
2. What was your one takeaway from today?

Self-Reflection for the Month:

1. Memorize Colossians 1:29 or pick another verse that encourages you and put it to memory.