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weekly discussion guide

Week 1: Face The Realities In Your Life (Jason Strand)
December 29/30, 2007

7 things you simply must do.

INTRO

Dr. Henry Cloud says “Reality is always your friend.” In our new message series *Seven Things You Simply Must Do*, Teaching Pastor Jason Strand talks about some of the realities in his life he has had to face. He also points to King David and the issues in his life he had to face as “a man after God’s own heart.” Jason asks the question, “How do we become aware of the realities in our life we need to face?” Let’s look at three ways to help us admit our issues and face our realities.

DISCUSSION QUESTIONS



1. Have you ever had a “Nathan and David moment” – a moment of realization where you said to yourself, “I do that too!” Explain. What did you do as a result of that moment?

2. **Have the right people around you.**

Do you have a “Nathan” in your life – a person close enough to know you and to speak the truth in love? Who is this person? How did that relationship develop?

3. **Seek feedback.**

Why do you think it is so difficult to ask questions like “What is it like to be on the other side of me?” or “Are there things I do that I’m not aware of?” Which question is harder for you to ask? Why?

4. **Change the way you think.**

Which things have you successfully done to help you change your thinking patterns?

- Memorize scripture
- Read a book
- Talk to a friend or mentor
- Write in a journal
- Other

How did it help you face reality?

THINK ABOUT IT

King David faced reality and was honest with God. Jason said “Like David, you have to make a move.” What is one reality that you can begin to face today, so you can eventually find grace, peace and freedom?

Memorize Romans 12:2 “Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind.”

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