



## GROUP QUESTIONS

- ICE BREAKER:** In your opinion... Which is strongest... our mind, our will, or our emotions? Which is stronger... pain or fear?
- Read the following three “healing choices” and then respond to the question:
  - CHOICE 3: LETTING GO**  
**Consciously choose to commit all my life and will to Christ’s care and control.**  
*“Blessed are the meek, for they will inherit the earth”  
Matthew 5:5 NIV*
  - CHOICE 4: COMING CLEAN**  
**Openly examine and confess my faults to myself, to God, and to someone I trust.**  
*“Blessed are the pure in heart, for they will see God.”  
Matthew 5:8 NIV*
  - CHOICE 5: MAKING CHANGES**  
**Voluntarily submit to any and all changes God wants to make in my life and humbly ask Him to remove my character defects.**  
*“Blessed are those who hunger and thirst for righteousness, for they will be filled.”  
Matthew 5:6 NIV*

**Question: What’s the most frightening part of surrendering your will to God and letting Him make any changes He wants to make?**
- It has been said that pain is God’s antidote for denial. What pain has God been using as a megaphone in your life to alert you to your need for help?
- What do you think the following quote means: “When the fear of staying the same outweighs the fear of change, that is when we change”?
- This week’s teaching focused on three areas we need to accept: (1) acceptance of God’s present strength, (2) acceptance of our past, and (3) acceptance of our need for heart change. Which of these three do you need to focus on the most this week?

DAY ONE  
**ISAIAH 30:12-15**

DAY TWO  
**PSALM 40**

DAY THREE  
**PHILIPPIANS 4:10-13**

DAY FOUR  
**MATTHEW 11:28-30**

DAY FIVE  
**ROMANS 7:14-25**

DAY FIVE  
**ROMANS 8:1-2**

DAY SEVEN  
**2 CORINTHIANS 5:17-21**

Fellowship Bible Church offers Celebrate Recovery on our Rogers and Fayetteville campuses every Friday night at 7:00pm. If you have never attended Celebrate Recovery, we encourage you to check it out. Celebrate Recovery helps us practice the “healing choices” we are learning and discussing. There are activities for all ages. So, feel free to bring your kids and/or your teenagers.