

# LIFE'S HEALING CHOICES

## DISCUSSION QUESTIONS

### Lesson 1: ADMITTING NEED

1. The first healing choice is to admit your powerlessness to change your past, control other people and to cope with your problems. Which of these 3 do you struggle with the most?
2. Read the passage again from Romans 7:15-17.

*"15 I don't understand myself at all, for I really want to do what is right, but I don't do it. Instead, I do the very thing I hate. 16 I know perfectly well that what I am doing is wrong, and my bad conscience shows that I agree that the law is good. 17 But I can't help myself, because it is sin inside me that makes me do these evil things."*

Can you relate to that? Share your experiences with this kind of tension.

3. The Bible says, "God opposes the proud but gives grace to the humble." (James 4:6) Why do you think God "opposes the proud?" What does it mean to humble yourselves before God?
4. Where are you learning to trust God? Share honestly with your group and ask for prayer to grow in the process.

### Lesson 2: GETTING HELP

1. Go around the room and share the first word or phrase that comes to your mind about God.
2. What part of God's character gives you the most hope?
3. God's love for you is not based on your performance. It's based on his character. The Bible says, "God showed his great love for us by sending Christ to die for us while we were still sinners." Romans 5:8. What does this truth tell you about the nature of God's love?
4. "The Spirit that God has given us.... fills us with power love and self-control." (II Tim 1:7) Talk about a time in your life when God gave you power, love or self-control when you faced a tough situation.

### Lesson 3: LETTING GO

**NOTE:** In this lesson, Rick Warren introduces salvation. At the end of the DVD, he leads the group through a traditional sinners prayer, which we do not feel would be helpful to our Growth Groups. Please be ready to end your DVD at the 20 minutes, 28 second mark. Rick will have said, "... if you open the door to Jesus Christ."

1. Which of the five barriers to commitment do you struggle with the most? Pride? Guilt? Worry? Fear? or Doubt?
2. Pastor Rick got us started by talking about our first steps of commitment to Christ. What is God's complete strategy for our salvation?
3. The Commitment Choice is all about letting go and accepting God's will as your strategy. How does someone let go and accept God's will in their lives?
4. Our key verse in this session is, "*Come unto me, all of you who are weary and overburdened, and I will give you rest!*" (Matthew 11:28). What does this tell you about Christ's character? In what areas of your life do you need rest right now?

### Lesson 4: COMING CLEAN

1. Is it easier to forgive others or forgive ourselves, and why?
2. The Bible tells us that God forgives instantly, freely and completely. How does that make you feel about confessing your faults to God?
3. If God doesn't hold our sins against us after we confess them, why is it so difficult to admit our faults and forgive ourselves?
4. How do we learn to accept God's forgiveness when we are still dealing with the consequences of past sins?

### Lesson 5: THE TRANSFORMATION CHOICE

1. The Bible says, "*God who began the good work within you will keep right on helping you grow in his grace until his task within you is finally finished.*" (Phil 1:6). Growth happens one defect and one day at a time as you focus on progress not perfection. Where are you seeing progress in your life now? Share a victory that you experienced this week.
2. God changed your character by changing the way you think. The Bible says, "*Fix your thoughts on what is true and good and right. Think about things that are pure... Think about all you can praise God for and be glad about.*" (Phil 4:8). How would it impact your life if you spent more time focusing on good things?
3. "*As iron sharpens iron, so a friend sharpens a friend.*" (Prov 27:17). How do friends sharpen one another? How can your group members help each other focus on the good, focus on God's power, and live one day at a time?

*Lesson 5 questions continue on next page...*

4. Get into a group of 3 or 4 to answer this question: This choice is called the Transformation Choice. In the next week, what are you hoping to see transformed? What step or action can you take toward making that a reality?

## Lesson 6: THE RELATIONSHIP CHOICE

1. Focus on the “why” of the next question, not who offended you or the details of what they did: Why is it so hard to forgive people who have hurt you?
2. *“How many times should I forgive someone who sins against me?... ‘not seven times,’ Jesus replied, ‘but seventy times’” (Matt 18:21-22)* What does this verse tell you about fairness and forgiveness?
3. How does it affect you if you forgive others? How does it affect you if you don’t forgive others?
4. Sometimes forgiveness requires us to make amends. Why is this important in the forgiveness process? Why is this a struggle for us?

## Lesson 7: THE GROWTH CHOICE

1. Read our key verse again: *“Test yourselves to make sure you are solid in the faith. Don’t drift along taking everything for granted. Give yourselves regular checkups.” (II Cor 13:5 MSG)* What are some physical, emotional or spiritual signs you can be watching for in your check-up that will alert you to a possible relapse?
2. Now that you have identified the causes and conditions, what practical steps can you take to stay healthy and guard against a relapse?
3. Maintaining momentum is more than just preventing relapse. You also need to celebrate your victories and focus on the things that give you joy and hope. Share with your group some of the good things that are going on in your life.

## Lesson 8: THE SHARING CHOICE

1. Give an example in your life where God has used pain or trouble to teach you a trust lesson.
2. Our key verse says, *“[God] comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.” (II Cor 1:4)* Have you ever received comfort from another person who had gone through an experience like the one you were going through? Tell the group about it.
3. Do you know someone who is going through a tough experience that you have gone through in the past? How can you comfort and encourage them?
4. What is the most important lesson you have learned through this study of *Life’s Healing Choices*?