



# SMALL GROUP LEADER GUIDE

Stuck / Week 3

PRELUDE

SOCIAL

WORSHIP

STORY

GROUPS

HOME

## LEADER PREP

### BOTTOM LINE

Ask God to change your mind in the moment.

### SCRIPTURE

*Throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes (Ephesians 4:22-23 NLT).*

*For God has not given us a spirit of fear, but of power and of love and of a sound mind (2 Timothy 1:7 NKJV).*

### GOAL OF SMALL GROUP

To help students understand that changing their mind is the best way to changing their behavior long-term.

### THINK ABOUT THIS

Leaders—your students might confess something that shocks you this week. If that happens, do your best to monitor your facial expressions: Don't look shocked!

## CONVERSATION GUIDE

**Create meaningful conversation. Adjust the questions as needed, and don't feel like you need to answer all of them.**

### DISCUSSION QUESTIONS

1. What are some common bad behaviors that people get stuck in?
2. What are some excuses we make to justify our negative behaviors?
3. Talk about a time you tried to break a habit. Did it work? Why or why not?
4. Why do you think Paul tells us to start creating change by changing our thoughts and attitudes?
5. Why is it important to change your thoughts BEFORE you're in a tempting situation?
6. Who's one healthy and trustworthy person you can talk to about an area of your life that you feel stuck in?

### TRY THIS

Leaders—let your students know that you're available to talk privately if they want to share an area they're stuck. Don't promise confidentiality: If they're hurting themselves, being hurt, or hurting someone else, it may put you in a position where you *have* to share it with someone else. But *do* let them know that you will love them unconditionally and without judgment.