

THE POWER TO CHANGE

DISCUSSION QUESTIONS

Key Takeaways

- 1.) We have control over 90% of our reactions to life's circumstances.
- 2.) As Christians, we're called to be light in a dark world, even during divisive times.
- 3.) Our reactions and behavior reflect on Christ and the Church.
- 4.) We have the power to change our thoughts and, consequently, our feelings and actions.
- 5.) Happiness is an "inside job" - we can't control others, only ourselves.

Discussion Questions

- 1.) How have you seen Christians react poorly to disagreements, especially on social media? What impact do you think this has on non-believers?
- 2.) Reflect on a recent situation where you reacted negatively. How could you have responded differently using the 90/10 principle?
- 3.) What does it mean to you to "take every thought captive" (2 Corinthians 10:5)? How can we practically apply this in our daily lives?
- 4.) How does focusing on changing others instead of ourselves affect our relationships and personal growth?
- 5.) Discuss the concept of "dropping your end of the rope" in conflicts. How might this approach change your interactions with others?

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Practical Applications

- 1.) **Daily Thought Inventory:** For one week, keep a journal of your reactive thoughts. At the end of each day, reflect on how you could have reframed these thoughts to align more closely with Christ's teachings.
- 2.) **Social Media Challenge:** Before posting or commenting on a controversial topic, pause and ask yourself, "How does this reflect Christ's love?" Consider if your words will build up or tear down.
- 3.) **Relationship Focus:** Choose one challenging relationship in your life. For the next month, commit to focusing solely on your own responses and attitudes, rather than trying to change the other person.
- 4.) **Scripture Meditation:** Memorize and meditate on Romans 12:2 this week. Reflect on how God is calling you to be "transformed by the renewing of your mind."
- 5.) **Accountability Partnership:** Pair up with another group member to check in weekly on how you're applying the 90/10 principle in your life. Share successes and challenges, and pray for each other.

Closing Prayer

Lord, thank you for the power of choice you've given us. Help us to use this gift wisely, to reflect your love and grace in our interactions with others. Transform our minds and hearts, that we might be light in this world and glorify you in all we do. Amen.