

Opening Question:

What did you think of the Chicken Story from Sunday's message?

Have you ever had a similar experience - where you were doing the wrong thing with exuberance? What happened as you learned what you were really supposed to be doing?

Opening Prayer:

Begin your time by asking God to open your eyes to His mind and thoughts. Ask the Spirit to reveal truth and to guide your discussion and to lead you to new levels of self-awareness.

Getting into God's Word

Did you have any comments or questions from this Sunday's message? Take the time to look through your sermon notes and talk about any questions you had.

Read Ephesians 4:17-32

1. What stands out to you in this passage?
2. Think through the life of Paul (as best you can); how important was the Spirit-filled life to him? How did that show up in his life and ministry?
3. Pastor Nathan talked about the importance of self-awareness

to live in the fullness of the Spirit. We need the Spirit's help to pay attention to:

Our thoughts and attitudes

- Have you ever tracked your self talk? Written down the thoughts and attitudes you had at any given time? Can you sense it when those thoughts and attitudes shift? What do you do?
- Pastor Nathan shared the STAR tool - as a group, have each person invite the Spirit to show them a situation from this week that is causing anxiety, or frustration. Then have each person practice STAR individually (having a piece of paper at this point really helps). When you are done, share your experience with your group.

STOP

TAKE A BREATH

APPRECIATE JESUS - write out worship and praise and think about Him

RESPOND - ask Him what He thinks of the situation and if there is any lies or attitudes that He wants to correct

Our actions

- Do you struggle with any negative actions (ie fear, anger, lying, theft)? Have you ever spent time with God asking WHY? Jesus was tempted in every way as we are (so he was tempted to lie to get out of things or get angry in response to His will being thwarted) and yet He never sinned. As

homework this week, get alone with God and ask Him to show you the wounds that cause the WHY behind your actions - deal with those with His help!

Our words

- Our words can build up or tear down - are there places in your life where your words are used more to tear down? Where? Have you invited the Spirit to guard and guide your mouth in those places? Ask your group to pray for you and this week, invite the Spirit everyday to change your words and give you sensitivity to His presence in those places.

Our forgiveness

- John Maxwell has said that he resolved to die with no enemies. While there may be people that do not like him, the feeling is not mutual. Is that your resolve as well, or are you holding on to hurts? If you are struggling with forgiveness, invite the Spirit to guide you into releasing your offender.

Prayer

Pray for any needs your group has and any situations that were unearthed in this study! Ask the Spirit to lead you deeper with Him each day.

Sermon Notes

Group Listing

Wednesdays:

Leaders: Nathan and Jenn Pollock

Location: The Pollock's House in Camrose

Time: 7:00pm

Thursdays:

Leaders: Mark and Carla Werner, Jessica and Andreas Schwitter

Location: CentrePoint Church

Time: 6:30pm

Fridays:

Leaders: John and Ineke Tessari, Gary and Sandy Mize

Location: The Mize's Home in Camrose

Time: 7:00pm

For location information or leader contact information please contact Pastor Nathan at:

Nathan@centrepontchurch.ca



Paying Attention

May 6, 2018

Personal Reflection and Practice:

How would you rate your self-awareness? Are you someone who knows how you are feeling, why you are feeling and the source of all your different thoughts and reactions? Or do you find yourself looking back on your day and wondering what happened and why you acted and reacted like you did?

Dr Rob Reimer says that:

You will never rise above your level of self-awareness. It is the ultimate lid on your life, your intimacy with God, your growth, your leadership & your relational maturity. If we choose to protect our reputation instead of owning our faults, our protective measures always impair our self-awareness, impede our path to brokenness & empower the grip of darkness in our soul. Choose humility.

This week, acknowledge your level of self awareness and begin to ask God to grow this in you.