



# **POWER<sub>to</sub> CHANGE**

**PARTICIPANT GUIDE**





# WELCOME

Dear Community Group Participant,

We're thrilled to welcome you to our new study series, *Power to Change*. Thank you for taking this journey of faith with us and your fellow group members. As pastors, we are grateful for your willingness to explore, grow, and transform in your faith journey.

*Power to Change* is a special series designed to inspire and challenge us to seek change and believe in our ability, through God's grace, to change. We believe that God's power is infinite, and it can bring significant change in our lives — change that allows us to grow, to better reflect God's love, and to impact the world around us.

We designed this participant guide to be your companion throughout the series. It will lead you week by week through each theme, provide thought-provoking questions and Scripture readings, and give space for you to reflect on the sermon, discuss with your group, and delve into daily devotionals.

In each weekly section, you'll find:

- **Theme Intro:** An introduction to the week's specific theme, which provides the foundation for the week's sermon and discussions.
- **Sermon Notes:** Space to jot down key points, insights, and reflections from the sermon.
- **Group Video and Community Group Questions:** Content for your group meetings, including discussion questions, to spark meaningful conversations.
- **Community Group Notes, Scripture, Challenge, Prayer:** This area includes the Scripture for the week, a challenge related to the Scripture, and a prayer prompt.
- **Links to Daily Devotionals:** Monday through Saturday, these devotionals will help you go deeper into each week's theme.

Remember, this is more than just a book. It's a tool for transformation. Be open to God's voice as you study, pray, and share with your group. Take the time to write your thoughts, questions, and revelations. They can be powerful reminders of God's work in your life.

Again, thank you for being part of this journey. We look forward to seeing the power to change in action within our community!

Blessings,  
Your c|Life Pastors

# C|LIFE APP

The c|Life app is your all-in-one connection to the c|Life community. Stay updated and engaged with your church right on your phone. Catch up on missed sermons, connect with your Community Group, and manage giving seamlessly. Carry your church with you. Connect, participate, and grow in faith, all in one place.



[clifec.com/app](https://clifec.com/app)



## C|LIFE on YouTube

Looking for more resources to enrich your Community Group sessions? Check out the c|Life YouTube channel. It's your one-stop hub for sermon videos, Community Group materials, engaging episodes of *Table Salt*, and tons of other inspiring content. Dive deeper into the Word and explore creative ways to engage your group with the wealth of information available.



[youtube.com/communitylifechurch](https://youtube.com/communitylifechurch)

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# COMMUNITY GROUP AGREEMENT

## OUR PURPOSE

To provide an environment where participants experience authentic community and spiritual growth.

## OUR VALUES

**Group Attendance:** To give priority to the group meeting. We will call or email if we will be late or absent. (*Completing the Group Calendar on the next page should minimize this issue.*)

**Safe Environment:** To create a safe place where people can be heard and feel loved. (Please, no quick answers, snap judgments, or simple fixes).

**Respecting Differences:** To be gentle and gracious to group members with different personal opinions, temperaments, imperfections, or levels of spiritual maturity. We are all works in progress.

**Confidentiality:** To keep anything that is shared strictly confidential and within the group and to avoid sharing improper information about those outside the group.

**Encouraging Growth:** To be givers of life, not just takers. We want to spiritually multiply our lives by serving others with our God-given gifts.

**Shared Ownership:** To remember that every member is a minister and to ensure that each attender will share a small team role or responsibility over time.

**Rotating Hosts/Leaders and Homes:** To encourage different people to host the group in their homes and to rotate the responsibility of facilitating each meeting. (*See the Group Calendar on the next page.*)

## OUR EXPECTATIONS

Refreshments/Meals: \_\_\_\_\_

Childcare: \_\_\_\_\_

When we will meet (*day*): \_\_\_\_\_

Where we will meet (*place*): \_\_\_\_\_

We will begin at (*time*): \_\_\_\_\_

and end at (*time*): \_\_\_\_\_

We will try to have as many of us as possible attend a worship service together each week. **Our primary worship service time will be:**

\_\_\_\_\_

Date of this agreement: \_\_\_\_\_

Date we will review this agreement: \_\_\_\_\_

**Who (*other than the leader*) will review this agreement at the end of this study:** \_\_\_\_\_

## COMMUNITY GROUP CALENDAR

| WEEK #   | MEETING DATE | HOST HOME | SNACK/MEAL | GROUP LEADER |
|----------|--------------|-----------|------------|--------------|
| <b>1</b> |              |           |            |              |
| <b>2</b> |              |           |            |              |
| <b>3</b> |              |           |            |              |
| <b>4</b> |              |           |            |              |
| <b>5</b> |              |           |            |              |
| <b>6</b> |              |           |            |              |



## GROUP CONTACT INFORMATION

| NAME | PHONE | EMAIL |
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## OPEN CHAIR

Set an open chair (maybe two) in the circle of your group and explain that it represents someone who would enjoy or benefit from this group but who is not here yet. Ask people to pray about inviting someone to join the group over the next few weeks. Hand out postcards and have everyone write an invitation or two. Don't worry about ending up with too many people. You can always have two discussion circles in different rooms after you watch the lesson. Each group could then report prayer requests and progress at the end of the session.

Who are you praying for?



# WEEK ONE

## WHEN YOU'RE SICK OF BEING STUCK

### INTRO

We all know what it feels like to be stuck in a rut. But God has given us the power to change and transform. This week, we'll focus on the spiritual transformation that comes from God's grace and the power of Christ working through us.

### SERMON NOTES

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## SCRIPTURE

*But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.*

— 2 Corinthians 12:9

## DISCUSSION QUESTIONS

After reading 2 Corinthians 12:9, how does Paul’s approach to his weaknesses make you rethink your own struggles?

How does God’s grace empower us to change, especially when we’re stuck?

How might understanding that “real change is spiritual transformation” impact your life?

## THE CHALLENGE

This week’s challenge is to identify an area in your life where you feel stuck. Pray about this area daily, asking God for His grace to help you overcome it. Write down any insights or revelations you receive during this prayer time and be prepared to share with the group next week if you feel comfortable.

## READING PLAN

Follow along daily with this week’s reading plan,  
*Embracing the Power to Change!*



[clifcc.com/  
ptc-plan](http://clifcc.com/ptc-plan)





# **WEEK TWO**

## **STOP THE NEGATIVE SELF-TALK**

### **INTRO**

Our thoughts are powerful and can significantly influence our actions. This week, we're learning how to transform our thoughts to create a Christ-centered identity and develop Christ-honoring habits.

### **SERMON NOTES**

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# VIDEO

This week, Pastor Jeremy Fisher teaches about the power of changing negative self-talk and the impact it can have on our lives.

## CG NOTES

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## SCRIPTURE

*Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.*  
— **Romans 12:2**

## DISCUSSION QUESTIONS

How does Romans 12:2 encourage us to handle negative self-talk?

How can renewing our minds with Christ-centered thoughts change our identity and habits?

What are some practical steps we can take this week to renew our minds and stop negative self-talk?

## THE CHALLENGE

This week's challenge is to identify one negative thought that frequently crosses your mind. Find a Scripture that counteracts that negative thought. Every time you catch yourself with that negative thought, consciously replace it with the verse you found. Note any changes in your feelings or actions that result from this practice.

## READING PLAN

Follow along daily with this week's reading plan,  
*Renewing Your Mind: Transforming Negative Self-Talk!*



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## **PRAYER TIME**

Record any prayer requests from your group this week. Our power to support each other through prayer is one of the many ways we experience the power to change.

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# **WEEK THREE**

## HOLY HABITS

### **INTRO**

This week, we're learning about the profound influence habits have on our lives. We'll explore how God can leverage even small habits for remarkable transformation, drawing inspiration from the story of Daniel and his habit of prayer.

### **SERMON NOTES**

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## SCRIPTURE

*When Daniel knew that the document had been signed, he went to his house where he had windows in his upper chamber open toward Jerusalem. He got down on his knees three times a day and prayed and gave thanks before his God, as he had done previously.* — Daniel 6:10

## DISCUSSION QUESTIONS

How does Daniel's story inspire you to cultivate holy habits?

What are some practical steps we can take to develop consistent habits of prayer like Daniel?

How can we support each other in this group as we work on developing new habits?

## THE CHALLENGE

This week's challenge is to establish a new *holy habit*. It could be something as simple as a daily prayer time, reading a verse each morning, or regularly serving others in some way. Keep track of your progress and share your experiences with the group next time we meet.

## READING PLAN

Follow along daily with this week's reading plan,  
*Cultivating Holy Habits!*



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# **WEEK FOUR**

## **BREAK THE CYCLE THAT'S BREAKING YOUR LIFE**

### **INTRO**

This week we're focusing on breaking the cycle of destructive behaviors in our lives. We'll learn how identifying and understanding bad habits can help us remove the triggers, interrupt actions, and avoid temptations, allowing us to break free from these cycles.

### **SERMON NOTES**

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## SCRIPTURE

*Do not enter the path of the wicked,  
and do not walk in the way of evil.  
Avoid it; do not go on it;  
turn away from it and pass on.*

— Proverbs 4:14-15

## DISCUSSION QUESTIONS

How does Proverbs 4:14-15 guide us in breaking destructive habits?

What are some practical ways we can avoid or turn from the paths that lead us towards harmful habits?

How can this group help each other in the process of breaking bad habits?

## THE CHALLENGE

This week, identify a destructive habit and take active steps to break it. Find the cues that trigger this habit, create an action plan to interrupt it, and explore ways to avoid temptations. Share your progress with the group in our next meeting.

## READING PLAN

Follow along daily with this week's reading plan,  
*Developing Your Spiritual Gifts!*



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# **WEEK FIVE**

## YOU DON'T WIN BY TRYING

### **INTRO**

This week, we dive into the difference between simply trying and whole-heartedly training. We'll explore how transformation requires more than a minimal commitment. It demands disciplined training to achieve lasting change.

### **SERMON NOTES**

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# VIDEO

This week, Pastor Caleb McDill illustrates the powerful difference between trying and training and how a shift in your mindset can lead to lasting change.

## CG NOTES

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## SCRIPTURE

*Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.*  
— 1 Corinthians 9:24-27

## DISCUSSION QUESTIONS

How does the scripture from 1 Corinthians 9:24-27 apply to the idea of *training* instead of *trying*?

In what ways can we ‘run’ our spiritual race to win the prize?

How can the group support each other in our commitment to train for spiritual growth?

## THE CHALLENGE

This week’s challenge is to transition from *trying* to *training*. Identify one area in your life where you’ve been trying without much progress. Commit to training in this area for the next week, establish specific steps for improvement, and share your experience with the group at our next meeting.

## READING PLAN

Follow along daily with this week’s reading plan,  
*Embracing God’s Timing!*



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# **WEEK SIX**

## **YOU IN FIVE YEARS**

### **INTRO**

In our final week, we're looking ahead: to you in five years. We will reflect on how our present habits shape our futures and consider the profound implications of the laws of sowing and reaping.

### **SERMON NOTES**

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## SCRIPTURE

*Do not be deceived: God is not mocked, for whatever one sows, that will he also reap. For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life. And let us not grow weary of doing good, for in due season we will reap, if we do not give up.* — Galatians 6:7-9

## DISCUSSION QUESTIONS

How does Galatians 6:7-9 connect with the idea of our habits today shaping our future selves?

Share an example from your life or someone else's where the principle of sowing and reaping was evident.

How can this group help one another in shaping habits that would lead to a desirable future?

## THE CHALLENGE

Your challenge for the final week is to map out your Five-Year Plan. Consider the habits you need to cultivate and those you need to change or eliminate. Share this plan with a trusted friend or mentor for accountability.

## READING PLAN

Follow along daily with this week's reading plan,  
*The Power of Repentance!*



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## CLOSING THOUGHTS

Dear Friend,

As we close this chapter of our journey through the *Power to Change* Community Group series, we want to express our heartfelt gratitude for your engagement and dedication. Your participation has enriched our collective understanding and experience of God's transformative power.

We are hopeful that this study has ignited a fresh spark in your journey of faith, leading to deeper understanding and greater commitment. As we wrap up, we hope you'll continue to seek knowledge, growth, and transformation in your daily life.

Remember, there are abundant resources available to you. The Bible app offers a wealth of reading plans, devotionals, and study materials that can help you further explore your faith. Our YouTube channel is continuously updated with new sermons, teachings, and uplifting content that can enhance your understanding and inspire your spiritual journey. Please visit and make the most of these resources.



[bible.com/  
app](https://bible.com/app)



[youtube.com/  
communitylifechurch](https://youtube.com/communitylifechurch)

Your feedback is invaluable to us. It helps us understand your experience better and gives us insights into how we can improve future studies. We would greatly appreciate it if you could take a moment to complete a brief survey about your experience with the *Power to Change* Community Group series.



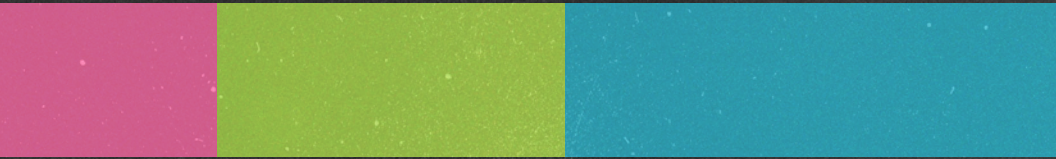
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ptc-survey](https://clifec.com/ptc-survey)

Thank you once again for joining us on this transformative journey. We pray that the seeds planted through this study will continue to grow and bear fruit in your life.

In Christ's love,  
Your c|Life Pastors







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