

Community Group Leader Guide

For the Week Of 1.14.24

Sermon Series: Body, Mind, Soul.

Watch the Leader Video and find all your resources online at

<https://clifec.com/community-group-resources/>

Need to watch the sermon? Check out our YouTube channel:

<https://www.youtube.com/@CommunityLifeChurch>

Announcements:

Journey Groups

Start this week on our Sunnyvale, Forney, and Kaufman Campuses. Journey Groups is our care, support, and recovery ministry. We have a variety of groups designed to walk alongside individuals on their journey towards healing. <https://clifec.com/care-and-support/>

We invite you to check out our groups, find one that would be helpful to you, and join us!

Baptisms Baptisms

Next Sunday, January 21, 2023: If you are interested in talking to someone about getting baptized on one of our campuses, please go to clifec.com/connect and fill out the form.

Register for our CG series:

In a world filled with moral and spiritual confusion, this series acts as a wake-up call and a roadmap, offering much-needed clarity, conviction, and a pathway to change. It's about getting real with our spiritual states and seeking alignment with God's ways.

It will be a challenging series; you will benefit most from being in a community group. We have dream teamers in the lobby ready to help you register or find a group. clifec.com/never

Icebreaker:

What is something that you believed was correct only to find out was completely false? Could be an erroneous belief, a misheard song lyric, etc.

Quick Review:

We started out the new year with a brand new series entitled 'Body, Mind, Soul' where we are focusing on a theology of the aforementioned parts of our lives. In week one, we focused on our physical bodies and the role that they play in honoring God. This week, we took a look at

how God has designed our minds and how we can bring our thinking in alignment with God's design.

Make It Personal:

1. How has the increase in media consumption, including social media, affected your mental well-being personally? Can you recall any instances where excessive media exposure impacted your thoughts or emotions negatively?
2. How does it change your perspective to know that anxiety and depression and other mental health issues are addressed in the Bible? Do you agree with the viewpoint that these issues are both normal human experiences and spiritual concerns?

Go Deeper:

1. Are there specific practices or strategies you've used or plan to use to address your own spiritual mentality based on the sermon's teachings? Things such as "taking thoughts captive", prayer, finding community, etc.
2. How do you differentiate between mental health issues as solely psychological versus spiritual matters?

Action Steps:

1. Take a mental inventory of the thoughts you think! Where did they originate? Which thoughts are on repeat? If they don't honor God, throw'em out!
2. Engage in prayer as a means to offload anxieties and worries onto God. Use prayer not just as a request but as an act of casting your burdens onto Him (1 Peter 5:7).

Prayer Requests:

1. Continue to pray for the 21 Days of Prayer and Fasting. Pray that God would open the eyes of our people and that we would hunger for him above all else.
2. Pray that God would help you to conquer your thinking. Pray that he would use your healthy, renewed mind to impact the world around you.

Feel free to use this guide to facilitate discussion in your community group. Modify the questions as you see fit.