



## FIVE PRACTICAL CHOICES:

### 1. I can choose to get \_\_\_\_\_.

*'You made my body, Lord; now give me sense to heed your laws.'*  
Psalm 119:73 LB

### 2. I can choose to \_\_\_\_\_ relationships.

*'There is no fear in love. But perfect love drives out fear.'*  
1 John 4:18 NIV

*'Let love be your highest goal.'* 1 Corinthians 14:1 NLT

*'I pray that Christ will live in your hearts by faith and that your life will be strong in love and be built on love.'* Ephesians 3:17 NCV

### 3. I can choose to \_\_\_\_\_ God no matter what happens.

*'And the Father who knows all hearts knows what the Spirit is saying, for the Spirit pleads for us believers in harmony with God's own will. And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them. For God knew his people in advance, and he chose them to become like his Son, so that his Son would be the firstborn, with many brothers and sisters.'* Romans 8:27-29 NLT

*'I will praise the Lord no matter what happens.'* Psalm 34:1 LB

### 4. I can choose what I \_\_\_\_\_ about.

*'Don't copy the behaviour and customs of this world, but let God transform you into a new person by changing the way you think.'*  
Romans 12:2 NLT

*'Dear brothers and sisters, let me say one more thing as I close this letter. Fix your thoughts on what is true and honourable and right. Think about things that are pure and lovely and admirable. Think about things that are excellent and worthy of praise.'*  
Philippians 4:8 NLT

### 5. I can choose \_\_\_\_\_ as my Saviour.

*'When someone becomes a Christian, he becomes a brand new person inside. He is not the same anymore. A new life has begun!'*  
2 Corinthians 5:17 LB



## SMALL GROUP SERMON DISCUSSION

1. Read 1 John 4:18. Where in your life has the fear of rejection prevented you from connecting with other people?
  - Name some ways showing love to others can decrease self-centeredness and build better relationships.
  - What are some choices you can make to focus more on loving other people?
2. Read 1 Corinthians 14:1. What daily changes will you make to let love be your highest goal?
  - How can this goal connect you more closely with God?
  - Discuss how to develop the habit of asking, "Who can I show kindness to?"
3. Read Romans 12:2 In what ways do people copy the standards of the world?
  - As a group, list five actions to strengthen positive self-talk.
4. Read 2 Corinthians 5:17. Share how becoming a Christian has made you a brand new person inside.
  - How do we let God infuse our daily struggles with his presence and strength?
5. Read Proverbs 4:23 and Proverbs 3:25. The Bible has a lot to say about our thoughts – specifically, how we talk to ourselves. How do the verses above suggest that we can set ourselves up for failure just by how we think?
6. Look at the five factors that influence our identity. What does today's study help you about dealing with potentially negative factors in your identity?

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