

SMALL GROUP GUIDE

DECIDE TO THRIVE

**SIX CHOICES FOR LIFE CHANGE
THAT *REALLY* WORK**

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**You were designed
to THRIVE**



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Getting the Most Out of This Study

Each week, you will be challenged to put into practice what you learn. These practices help you take the concepts you learn deeper into your life. Commit to the following to get the most out of your experience:

Attend Weekend Services

The weekend services complement the theme of this small group study and the book. These services will help reinforce all you are learning and provide a special time to connect with God during worship and throughout the service. Commit to attending all weekend services, and even try to sit with your small group during service when possible.

Engage in Small Groups

It's important for us to consistently gather in small groups to learn and discuss the concepts each week. You and your group benefit from your participation. Commit to one another to consistently attend the group.

Dive into the Book

To go even deeper into the content, read and engage with each chapter in the book, where you will learn practical ways to thrive in life. When you read, reflect on how you relate to the text and how you can apply it to your life. You can pick up your book in the NorthRock store at every location or find it on Amazon.

Small Group Leaders

If you are leading or co-leading a small group, the Leader Handbook will give you valuable tips that encourage you and help you avoid many obstacles to effective small group leadership.

Small group videos and the Leader Handbook can be found at www.northrocksa.com/decidetothrive



***Decide to Thrive* Reading Plan**

The *Decide to Thrive* reading plan is designed to align with our weekend messages and small group schedule. Small group participants are welcome to read the book at their own pace. But if you'd like to stay synced with the group discussions and weekend messages, following the below reading plan is a great way to do that.

SESSION ONE: THE PRIORITY DECISION

READ CHAPTERS 1 & 2

SESSION TWO: THE RELATIONSHIP DECISION

READ CHAPTER 3

SESSION THREE: THE PURPOSE DECISION

READ CHAPTER 4

SESSION FOUR: THE GROWTH DECISION

READ CHAPTER 5

SESSION FIVE: THE INFLUENCE DECISION

READ CHAPTER 6

SESSION SIX: THE GENEROSITY DECISION

READ CHAPTERS 7 & 8

WEEKEND SERVICE

Weekend Message Notes:

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Video Notes:

According to Genesis 1:26-28, we've been endowed with the capacity to think, reason, and make choices that shape our lives and impact the world around us. God has given you the power to decide and, as a result, the power to thrive.

Our decisions to thrive need to align with three criteria:

- God's Word
- God's Will
- God's Way

Romans 10:9: *That if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved.*

Ephesians 2:10: *For we are His workmanship, created in Christ Jesus for good works...* You were created by God, for God, to live out God's purpose for your life.

Practical Steps:

1. Start your day with God.
2. Seek God's guidance in decisions.
3. Prioritize church and small group involvement.
4. Use your gifts to serve others.
5. Steward your resources for God's glory.

Notes:

SMALL GROUPS

Discussion Questions:

1. What are you hoping to gain or learn from this small group study?
2. How would you describe your current relationship with God? Is it close and personal, distant and formal, or somewhere in between?
3. What's one area where you'd like to grow in knowing God better? Maybe it's in prayer, or in understanding His Word, or in experiencing His presence in your daily life.
4. What are the challenges preventing you from prioritizing God in every area of your life?
5. How does knowing God's unconditional love, shown by sending His Son to die for you, influence your decision to put Him first?
6. What's one step you can take this week to pursue a deeper relationship with God?

Act: Start a daily habit of connecting with God.

List 1-3 ways you plan to achieve your action step this week:

Prayer Requests:

Weekend Message Notes:

[illegible]

SMALL GROUPS

Video Notes:

Genesis 2:18: *"It is not good that man should be alone..."* We were made for relationships—not just with God, but with each other.

1 Peter 2:5: *...living stones...being built into a spiritual house.*

We are meant to be part of God's family. People with strong social connections live longer, healthier lives than those who are isolated.

Three Barriers to Experiencing Healthy Relationships:
Independence, Insecurity, and Isolation

Practical Steps To Pursue Healthy Relationships:

1. Be intentional – relationships don't happen by accident.
2. Be vulnerable – real relationships require authenticity.
3. Be a servant leader.
4. Be forgiving – relationships involve imperfect people (you included). Ephesians 4:32
5. Make the first move – don't wait for others to reach out to you. Proverbs 18:24
6. Practice active listening – lean in when others speak. Let's be more interested, than making sure we are interesting.
7. Cultivate empathy – put yourself in others' shoes.
8. Embrace differences – God's family is beautifully designed.

Notes:

Discussion Questions:

1. Last week's action step was to build a daily habit of connecting with God. How has that practice been for you throughout the week?
2. How would you describe your current relationships? Are they adding to your life or draining you?
3. Which of the three barriers (independence, insecurity, isolation) do you struggle with most? What's one step you can take this week to overcome that barrier?
4. Who is someone you can build a godly relationship with?
5. How can you be more intentional about being part of a church family? If you're not part of a church community, what's holding you back?
6. Reflect on a time when someone's vulnerability allowed you to open up. How can you create that space for others in your life?

Act: Take steps to grow in a godly friendship.

List 1-3 ways you plan to achieve your action step this week:

Prayer Requests:

WEEKEND SERVICE

Weekend Message Notes:

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Video Notes:

You were made for more. As long as you have a pulse, you have a purpose.

Philippians 1:25-26: And being confident of this, I know that I shall remain and continue with you all for your progress and joy of faith, that your rejoicing for me may be more abundant in Jesus Christ by my coming to you again.

Barriers To Sharing Our Faith:

- Fear and insecurity
- Lack of knowledge
- Misconceptions about evangelism

Revelation 12:11: And they overcame him by the blood of the Lamb, and by the word of their testimony...

Practical Steps For Reaching People:

1. Bear some burdens.
2. Do whatever it takes.
3. Build a prayer strategy.

I will pray for these people to come to Jesus:

_____	_____
_____	_____

4. Watch for opportunities.

Notes:

SMALL GROUPS

Discussion Questions:

1. Last week's action step was to grow in a godly friendship. How has that practice been for you throughout the week? Have you noticed a difference in your relationships?
2. Who are three to five people in your sphere of influence who need to know Christ? How can you intentionally share God's love with them?
3. What's your story of how Christ has changed your life? Practice sharing it in two or three minutes.
4. What's one step you can take this week to create an opportunity to share Christ with someone?
5. How can you get more involved in your church's outreach efforts?
6. What is holding you back from sharing your faith with others? How can you overcome this?

Act: Pray for others who don't know Jesus and share your faith with them.

List 1-3 ways you plan to achieve your action step this week:

Prayer Requests:

Weekend Message Notes:

[illegible]

SMALL GROUPS

Video Notes:

God's design for your life isn't stagnation—it's transformation.

1 Thessalonians 5:23: *Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.*



How Do You Change?

Romans 12:2: *Do not conform to the pattern of this world, but be transformed by the renewing of your mind...*

Thoughts create → feelings that drive → decisions → which lead to actions → which determine your outcomes.

How do we practically grow in discipleship and renew our minds?

1. Decide to saturate your mind with God's Word.
2. Decide to declare and speak God's truth over your life.
3. Decide to be aware of your thoughts and notice what's going on in your mind.
4. Decide to challenge thoughts that don't align with God's truth.
5. Decide to replace negative thoughts with positive, biblical ones.
6. Decide to surround yourself with people who encourage your growth.

Common Obstacles To Growth:

- Trying to grow alone
- Complacency
- Fear
- Past hurts
- Lies we believe

Practical Ways You Can Start Making Disciples:

1. Be intentional about building relationships with other believers—especially those newer to the faith.
2. Offer to study the Bible with someone in a small group setting.
3. Share experiences and lessons you've learned in your walk with Christ.

Notes:

[illegible]

SMALL GROUPS

Discussion Questions:

1. Last week's action step was to pray for and share your faith with someone who doesn't know Christ. How has that practice been for you throughout the week?
2. In what areas of your life do you feel most stuck right now? What's holding you back from growing in these areas?
3. How can you continually renew your mind to be more aligned with Christ?
4. Which of the obstacles to growth (complacency, fear, past hurts, lies we believe, isolation) do you struggle with most? How has this obstacle affected your growth journey?
5. What is God speaking to you about growing and helping others grow? What steps do you need to take?
6. What fears or doubts do you have about making disciples, and how can you overcome them?
7. Who can you be intentional with in building a relationship that leads to discipleship?

Act: Help someone grow in their relationship with God by discipling or serving them.

List 1-3 ways you plan to achieve your action step this week:

Prayer Requests:

Weekend Message Notes:

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SMALL GROUPS

Video Notes:

Mark 10:43–45: “...but whoever desires to become great among you shall be your servant. And whoever of you desires to be first shall be slave of all. For even the Son of Man did not come to be served, but to serve, and to give His life a ransom for many.”

A servant leader uses their God-given gifts, talents, and abilities to serve others and influence them for Christ. When we serve others, we experience personal transformation, church activation, and community impact.

Five Powerful Lessons About Servant Leadership:

1. Serve From Love
2. Confidence Empowers Others
3. Initiative Meets Real Needs
4. Courage in the Face of Rejection
5. Humility is Contagious

John 13:15: “For I have given you an example, that you should do as I have done to you.”

Three Qualities of Servant Leaders:

1. Gentleness – Strength Under Control
2. Generosity – Open Hands, Open Heart
3. Sacrificial Living – Daily Choices, Lasting Impact

Notes:

Discussion Questions:

1. Last week's action step was to begin to disciple or serve someone. How has that practice been for you throughout the week?
2. How have you experienced personal transformation from serving someone?
3. What's one area of your life where you struggle to maintain a servant's heart? What makes it challenging?
4. Can you recall a time when someone's servant leadership made a significant impact on you? What did they do, and how did it affect you?
5. What's your "towel moment"? Is there an opportunity to serve that you've been hesitant to embrace?
6. How might your family, workplace, or community change if you consistently applied the principles of servant leadership?

Act: Add value to the people in your spheres of influence.

List 1-3 ways you plan to achieve your action step this week:

Prayer Requests:

WEEKEND SERVICE

Weekend Message Notes:

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Video Notes:

James 1:17: *Every good gift and every perfect gift is from above, and comes down from the Father of lights, with whom there is no variation or shadow of turning.*

Generosity is woven into the very fabric of who we are. It's part of our spiritual DNA.

Everything belongs to God.

1 Chronicles 29:11b: *"...for everything in heaven and earth is yours. Yours, Lord, is the kingdom; you are exalted as head over all."*

God's watching to see what you do with what He has entrusted to you.

John 3:16: *For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.* God is the model for being a giver. He gave His very best for us.

Three Dimensions Of Generosity:

1. Spontaneous Giving
2. Strategic Giving
3. Sacrificial Giving

Notes:

SMALL GROUPS

Discussion Questions:

1. Last week's action step was to add value to those around you. How has that practice been for you throughout the week?
2. How have you seen generosity make a positive impact on your life or the lives of others?
3. What small act of spontaneous generosity can you practice this week?
4. In what ways can you be more strategic with your resources to bless others?
5. What is one area of your life where you feel God calling you to give spontaneously, strategically, or sacrificially?
6. What fears or obstacles might be holding you back from living more generously?
7. How does reflecting on God's generosity towards you inspire you to live more generously?

Act: Take a step towards greater generosity.

List 1-3 ways you plan to achieve your action step this week:

Prayer Requests:

