



Life's Healing Choices

The Transformation Choice Part 2

Matthew 5:6

Discussion Questions

Read and reflect on... *"Your Word is a lamp to my feet and a light for my path."* Psalm 119:105

1. Reflect on the last year of your life. What's changed? Share an area(s) of your life where you've seen growth. Celebrate the progress you've made in the past year! Next, share one thing you'd like to change, accomplish, or work on in the coming year.
2. Is your devotional life more like a stroll with God in the cool of the day or a spiritual task you have to complete in order to be a good Christian? What can we do to make our devotional time more natural and something we look forward to?
3. What version of the Bible are you currently reading? What translation/version would you recommend? What are your thoughts on paraphrased versions like Good News for Modern Man, The Living Bible, and The Message? Do you prefer a Study Bible or Reading Bible? Do you have a favorite Study Bible?
4. What has helped you the most in reading and studying the Bible?
5. Share your favorite devotional(s), if you have one.
6. What one unhealthy habit, hang-up or hurt took you the most time to overcome, be free from, or heal of?
7. Share a time you had to just grunt out your decision to stop a bad habit and replace it with a healthy habit.
8. Share an experience where friends did help you face a difficult time in your life or help you face and deal with an unhealthy choice.
9. Are there other comments or questions you'd like to share with the group?