



Life Group  
Discussion Guide  
June 7, 2015

STARTING  
OVER

Discussion Questions

Leader Notes

*"If you think the way you used to think, you'll do the things you used to do."*  
-Stuart

Helpful Hint: Get people involved in the discussion by asking non-threatening questions that will engage the whole group.

**Discussion Kick Off**

1. What is one thing from your past (big or small) you wish you could "do over?" If you could go back in time, what would you do differently?
2. Have you ever seen someone make a mistake even though everyone around warned them the mistake was coming? Why were they unable to see what everyone else was telling them?

**Evaluate It**

1. When have you believed that if you only had something or someone, you'd be satisfied with your life? If you finally obtained that something or someone, what was the result?
2. One of the Seven Lethal Assumptions Stuart talks about during the message was, "My secret is safe with me." Do you agree that it's dangerous to live with secrets? Why or why not?
3. Is there a time in your life where you made a mistake because you believed your situation was unique? How did you discover you weren't alone and that other people had experienced similar situations? How did that change your perspective and your situation?
4. Read Romans 12:1-2. What is one area of your life where you're trying to put on the new without first taking off the old? What is one thing you can do this week to begin to renew your mind in this area? What can this group do to support you?

SCRIPTURE PASSAGE

*"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."*  
- Romans 12: 1-2

**Make It Personal**

1. What are some things we can do to help us think before we make bad choices?

At the end of the discussion, take a moment to take prayer requests from the group (if you haven't done so) and pray for your group before you end your time together.

THE SEVEN LETHAL ASSUMPTIONS

1. "If I can find the right person, everything will be all right." When you use a relationship as an escape strategy, you undermine that relationship.
2. "My situation is unique." You are not the exception to the rule. You are unique but your situation isn't.
3. "It's not right, but it makes me happy. God wants me to be happy." If it's not right, things won't turn out right.
4. "If only I had \_\_\_\_\_, then I would be satisfied." Things don't satisfy. If you feed an appetite, it grows. The more you have, the more you want.
5. "'I owe' is better than 'I want.'" This is backwards. "I want" is always better than "I owe."
6. "My secret is safe with me." Secrets leak. And when they do, they sink relationships.
7. "Sex will solve it." Sex will complicate it. Sex will make it even more difficult to do the right thing. Sex will create obligation.

Starting a Table or Life Group? Take a look at the helpful information below:

Who establishes and makes up a table or life group?

1. Husband & Wife
2. Family
3. 2-5 Guys
4. 2-5 Ladies
5. 2-5 Couples

Where do they meet?

1. Kitchen table
2. Coffee table
3. Cafe table
4. Restaurant table
5. Picnic table
6. Work table
7. Round table

- Meeting (how often, how long): Weekly or bi-weekly (day and time is decided by the group). No more than 2 hours.
- Who should lead a table or life group? Leadership can be shared or the group may choose a leader.
- How long should the group stay together? The group should commit to stay together 6-8 weeks. Groups can renew their commitment to meet together at the end of that time, but initially groups should stay together 6-8 weeks.
- What happens if the group is too big to meet around a table? No table or life group should have more than 15 individuals. If a group grows to have more than 15 participants, there are two options:
  - Multiply into separate tables (groups of less than 15) or
  - Seek to establish a life group (10-20 participants)
- If you have any questions or would like to establish a life group, please contact Jason Fox at 270-765-4994 or [jason@fcetown.com](mailto:jason@fcetown.com).

If you would like to talk with a minister,  
call 270-765-4994 to set up an appointment or contact:

Stuart Jones [stuart@fcetown.com](mailto:stuart@fcetown.com) Senior Minister  
Chris Kiger [chris@fcetown.com](mailto:chris@fcetown.com) Student Minister  
Jason Fox [jason@fcetown.com](mailto:jason@fcetown.com) Small Group Minister

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