



## Talk it over...with your friends, family, or Growth Group.

*Talking through the ideas presented in Sunday's message helps us apply God's word to our individual lives. These questions are designed to help you put His words into action in your life this week.*

- If you had to describe the process that you have used to change in the past, how would you describe it? What has worked for you?
- This morning Mike laid out a three step pattern for change that can be applied to many areas of our lives. Think about some of the areas where you would like to change this year. Which step are you on in those different areas? What can you do to keep moving towards your goal?
- What idea do you need to take away from today's sermon and apply to your life? What practical steps could you take to help you apply God's truth in the midst of your daily life?

**Some next steps:** Here are some things you can do this week to dig deeper:

- Hopefully last week you had a chance to set some goals for yourself for this year. How do you want to grow or change this year? Take the time this week to prayerfully consider that question and set some goals. Make sure your goals are specific, attainable, realistic, and measurable.
- Do you need to learn something new or act on what you know in order to change? Take a look at the church's website, [www.rcctulsa.org](http://www.rcctulsa.org), and consider which of the programs we offer might help you move towards your goal. Then, take the step of contacting someone this week to find out more about how you can get plugged in.

# New YEAR —NEW— YOU