



**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.*

- Joe talked this morning about the power of the things we take in, the things that influence us. If you had to rate your "diet" of what you take in through TV, movies, the internet, etc, what grade would you give it? How could you make it a healthier diet?
- Colossians 3 talks about the importance of setting our minds on things that build us up, not on things that wear us down. In your experience, what helps you do that? What kinds of things get in the way of that?
- What do you need to take away from what you experienced today? What practical steps could you take to help you apply what you heard from God today to your daily life?

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

- Like Tim said in the video, if we're serious about changing we have to watch what we take in. As a first step in addressing your "diet," the challenge this week is to simply keep a record of what you're taking in. Make a log of how much time you spend "taking in"—through TV, movies, the internet, reading, etc—and also jot down some notes on the content of your diet. At the end of the week, sit down and add the numbers up and assess the health of your current diet. Then prayerfully ask God to show you areas where you might need to change.
- Feel stuck? As you've faced the issues of your "diet" head on, have you found that there are areas where you are just stuck and can't seem to make the changes you need to make, or break the habits you need to break? If so, drop us a line at [king@rcctulsa.org](mailto:king@rcctulsa.org) and we can talk confidentially about ways that we might be able to help.
- 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 things we offer might help you get 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

SERMON NOTES & STUDY GUIDE