



RUDDERS - *And* - ROUTES

CHANGE YOUR WORDS AND CHANGE YOUR LIFE

LESSON 3 // ADDRESSING YOUR PROBLEMS—PART 1

Big Idea: Our words need be directed by God's Word—to come into alignment with what He says. All too often we say that we “believe in God,” but the words we speak are contrary to, or completely opposite of, His Word.

This is true in addressing problems. Based on God's Word, you can affirm the following in the face of your problems: “I don't have problems, I have opportunities for God's wisdom, grace and power to be demonstrated in my life! I am controlled by faith, not by fear! I am an overcomer, a victor, a winner and a conqueror because of Christ.”

Romans 8:28, 37 (NIV) *And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them. ...³⁷ No, despite all these things, overwhelming victory is ours through Christ, who loved us.*

Discussion Questions:

This weekend we learned that what we say about our problems matter. How do we acknowledge the reality of problems and battles in life while also speaking life and faith over them?

When a problem arises, what is your typical reaction and why (confusion, anger, worry, overwhelmed, etc.)?

Looking over the list of what our words can do. Which of them have you experienced most recently? What impact has this had on you and your relationships?

The Bible speaks about our challenges differently that we typically do. **Read James 1:2-4.** In this passage of the Bible it says “...*when trouble comes your way, consider it an opportunity for great joy.*” What practical steps can we begin to take to see our problems from this perspective?

Think about something in your life that has been troublesome. It could be mental, physical, spiritual, or financial. What truths or declarations can you begin speaking over it today?

Prayer Focus:

Read John 16:33. Ask members in your group to share (if they are comfortable) what area in their life is being adversely impacted by their words (to others or self-talk). Once your group has shared, read **Romans 8:28 & 37.** Pray for the needs shared within the group and ask God to give strength and encouragement to those that are facing challenges.

Leader Tip:

- **Be intentional:** At the start of your gathering, communicate to your group that this is a safe space where privacy is respected. Meaning, that whatever is shared in the group, stays within the group. Set a good pace for your group by being open and willing to share about your life and challenges.