

November 22 LifeGroup Discussion Guide

How to Stop Being Miserable Week 3

1. How quick are you to blame someone else for the way you feel or what you do? Be honest!
2. When was the last time you did this?
3. What is so attractive about blaming others or a situation for what we do?
4. Read Genesis 3:12-13.
5. Why does blaming others only serve to make us miserable?
6. Pastor Dillon said that "I can't always determine how I'm moved, but I can always help what I will do." Explain that.
7. Practically, how do we demonstrate that we often believe the opposite: that, when we are moved a certain way, we "can't help it" when it comes to the decisions we make afterwards?
8. Read 2 Samuel 11:1-5.
9. This gives us a great example of what happens when we go on "autopilot" and act like we can't help what we do next. What do we have to realize in order to avoid going on autopilot?
10. Are there areas in your life where you find yourself going on autopilot, refusing to obey God's Word even though you know what you're doing is wrong, based on what "happened" to you?
11. We are told to take responsibility for our actions and make better decisions. What makes this difficult to accept as true? At the same time, why must we do this if we are to stop being miserable?
12. Read Psalm 51:3-4, 11-12.
13. The motivation for making better decisions is not guilt or obligation, but based on who God is (holy) and what He has done for us through Jesus. Why do those facts move us towards accepting responsibility and making better decisions?
14. Because of Jesus, we CAN change, and our story can be redeemed. How do you respond to that? What hope might you be able to give someone else because of that?