

I Guess I Just Feel Like: Part 4: How to Get Unstuck:

Scripture: Genesis 37-50

Big idea: my view of the future shapes how I live in the present, and my view of the present shapes how I interpret my past.

Default paradigm: my view of the present shapes how I will live in the future, and my view of the past shapes how I interpret my present.

Thought ➡ Emotion ➡ Attitude ➡ Action

1. What challenged you in today's message?
2. Read Genesis 50:20. Share about a time you experienced this verse in your life. What was the outcome? What did you learn about God and yourself?
3. How do you begin to identify patterns in your life that are keeping you stuck? How can Proverbs 4:23 guide you in this?
4. Pastor Adam talked about the default paradigm. Why is this so common in our culture? What do you think keep people from doing the hard work of shifting the paradigm to the big idea instead?
5. Pastor Adam mentioned 10 commonly accepted false beliefs. What are one or two you have experienced or are experiencing? How did you or are you currently working through those in a healthy way?
6. Pastor Adam was talking about root systems. What makes up your root system? How is your root system growing in this season of your life?
7. Read Jeremaih 29:11. How do you let this truth guide the decisions you're making?
8. What's the picture you have of your future?
9. Read Romans 8:28. What do you need God to work for the good in your life? How are you partnering with God in that?
10. Pastor Adam said, "Maybe that wasn't done to me but done for me. God was with me every step of the way and it brought me to this place." Who are some of the people in your life that have walked with you through these times, spoken into your life, encouraged/challenged you in healthy ways?
11. After hearing the message what is your next right step of action in getting unstuck in a specific area of your life? What scares you about that? What motivates you about that?