



WORDS WITH FRIENDS
Part 3: Self-Talk & The Road To Recovery
Sermon Small Group Questions
Speaker: Pastor Dave Patterson

USING THIS SERMON DISCUSSION GUIDE

- This Sermon Discussion Guide is only a tool to aid you in meeting the needs of your group. For most groups, there are too many questions to answer in one session together. After considering the needs of your group, you may choose one of the following options:
 1. one section of questions
 2. one or two questions from each section
- Feel free to adapt the format to meet the needs of your group. If your group is mature and wants to dig deeper, add Scripture and ask suitable questions. Remember that this is only a guide.
- Personal application is key to everyone's growth and should be included in every discussion. When asked how he or she intends to apply a certain principle a group member may say, "I need to spend more time in the Bible and in prayer." It is important for you to help group members make applications that are more specific and commit to a specific plan of action by asking, for example, "How are you going to begin?" An example is to get up 30 minutes earlier each morning, spending 15 minutes reading the Bible and 10 minutes in prayer. Encourage each group member to be accountable to the group for personal progress at the next meeting.
- As the leader your goal is to help bring the group into a stimulating discussion that helps the members recognize their need for personal life change. Ultimately you want them to be willing to commit to change with accountability to the group. Accountability helps us to persevere in our commitments and achieve the blessings of success.

INTRODUCTION

Most of you have lived long enough to figure out that life comes all-inclusive with setbacks, disasters and traumatic experiences. We don't have to look for them or make a plan in order to accommodate them. These events and seasons of trial and discouragement have the potential to debilitate and derail God's good plan for our lives, if we don't recognize and implement the power of our meditation and conversation. When you have the right internal conversations which lead to speaking the right conclusions, you set yourself on the road to recovery!

MESSAGE

[Proverbs 18.21]

Life and death are in the power of the tongue.

Words kill, words give life; they're either poison or fruit—you choose. (Message)

The Road To Recovery

On the way back from a battle, David and his men see smoke rising from their hometown as they approach.

[1 Samuel 30.3-6]

When David and his men saw the ruins and realized what had happened to their families, ⁴ they wept until they could weep no more. ⁵ David's two wives, Ahinoam from Jezreel and Abigail, the widow of Nabal from Carmel, were among those captured. ⁶ David was now in great danger because all his men were very bitter about losing their sons and daughters, and they began to talk of stoning him..

This is more than just a bad day. There are times in our lives when those closest to us will turn on you...What will your response be? Here is what David did:

But David strengthened (encouraged) himself in the LORD his God.

How did David encourage himself? In Scripture, we see time and time again what David would do during his darkest hours.

3 Practices for the Road to Recovery

1. "Speak to your Soul" (an inner conversation that results in a confession)

[Psalm 103.1-5]

¹ Praise the LORD, Oh my soul; all my inmost being, praise his holy name.

² Praise the LORD, Oh my soul, and forget not all his benefits—

³ who forgives all your sins and heals all your diseases,

⁴ who redeems your life from the pit and crowns you with love and compassion,

⁵ He fills my life with good things. My youth is renewed like the eagle's!

[Psalm 42.5-6]

Why, my soul, are you downcast? Why so disturbed within me?

Put your hope in God, for I will yet praise him, my Savior and my God.

My soul is downcast within me; therefore I will remember you

[Philippians 4.8-9]

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.

“What you continually speak to your soul becomes a conclusion that results in a confession and conversation that leads you to action!”

2. Rehearse / Recount the faithfulness of God

[Psalm 143.3-6] (*Message*)

The enemy hunted me down; he kicked me and stomped me within an inch of my life. He put me in a black hole, buried me like a corpse in that dungeon. I sat there in despair, my spirit draining away, my heart heavy, like lead. Then, I remembered the old days, I went over all you've done, pondered the ways you've worked.

3. Make a decision to worship and declare God's faithfulness in your life!

This is a decision, not an emotional response!

[Psalm 34:1-3]

¹ *I will praise the LORD at all times. His praise will always be on my lips.*

² *I will boast only in the LORD; let all who are helpless take heart.*

³ *Come, let us tell of the LORD's greatness; let us exalt (declare) his name together.*

[Psalm 18.1-3]

¹ *I love you, LORD; you are my strength.*

² *The LORD is my rock, my fortress, and my savior; my God is my rock, in whom I find protection. He is my shield, the power that saves me, and my place of safety.*

³ *I called on the LORD, who is worthy of praise, and he saved me from my enemies.*

[Psalm 91.2]

I will say of the LORD, "He is my refuge and my fortress, my God, in whom I trust."

So, how did David's situation end up?

[1 Samuel 30.18]

David recovered everything the Amalekites had taken, including his two wives.

DISCUSSION QUESTIONS

- 1. Why is a grace-filled tone of conversation so important everyday?**
- 2. What is your self-talk sounding like these days?**
- 3. What is the most recent event, trauma, or tragedy, where you asked yourself, "Can I recover from this?" How have you responded, or will you respond, on the tough days?**
- 4. How do we strengthen ourselves in the Lord? What does that look like for us today? What are you meditating on? (Have a reservoir of the Word of God)**
- 5. When was the last time that you rehearsed/remembered the faithfulness of God? How did it counter any of the attacks of the enemy?**
- 6. How is worship a key to the road to recovery? What do you need to declare? What can you confess that lines up with God's prophetic words for your life?**