



Rock Bridge Small Group Discussion Guide
Happy Days – Part 1
LEADER GUIDE

SMALL GROUP LEADERS: - Remember the C's of Small group health:

CONTENT - *biblical, intentional, and conversational*

CONSISTENCY - *regular meetings and interactions with one another*

CCARE - *sharing life's ups and downs with grace, love and encouragement*

CELEBRATION - *celebrating God's grace to us and having fun together*

COMMISSION - *participating in what God is doing now during our lifetime on earth*

CHARACTER - *as a leader – growing in my example for my group*

ICEBREAKER: (Choose one)

- Are you a morning, evening, or mid-day person?
- What do you love or hate most about mornings?

INTO THE WORD:

1) During what part of the sermon did you most want to ask a question or say 'Amen!'?

2) Special Scripture Activity

Divide your group into smaller groups of people (2-4 per group). Each group look up the following verses, seeking answers to this question: **What specific action is this verse asking me to take?** Come together afterwards and review your answers.

- Psalm 5:3
- Psalm 143:8
- Psalm 90:14
- Psalm 4:8

APPLY THE WORD:

- 3) In the message, several negative or destructive thought patterns were discussed. Which did you most identify with?
- 4) After listening to each group's responses (above) and the message, where is a change needed in your life? Is this a change of routine? Thinking? Belief?
- 5) Share one thing you want to start doing differently in the morning.

PRAYER TIME:

Read and pray one of the psalms above or Lamentations 3:22-24 over one another.