



## Changing Thoughts in Changing Times: One Day at a Time

| September 7, 2020 Discussion Guide

### The Scoop

As our world gets crazier and crazier and changes more and more all the time, how do we change our perspective to become more like God's perspective so that we can handle whatever that is coming?

### Key Verses

**Psalm 119:105**

*"Your word is a lamp for my feet, a light on my path."*

### Discussion

2020 has been a crazy year, but there are some key takeaways that can help us as we head into the future. We have all made significant adjustments, and some of us have even made beneficial adjustments specific to our mental health, learning how to adjust to work and school at home, and so much more. Through these struggles, the changes may seem overwhelming at times, but shift our perspective and taking it one day at a time allows us to extend grace to those around us and restart new each morning.

1. What are some struggles you have faced in the most recent months? How have you adjusted or attempted to adjust?
2. What are some changes you have made that have improved your life in the midst of chaos and difficulty?

It can seem tough to have a healthy perspective in a hectic time. It's not something that just happens, it takes intentional effort and regular perspective shifts. There are 2 key things we can do to be intentional about our perspective: 1. Sometimes it's helpful to simply take a moment to acknowledge that these are difficult situations and name them. Naming them gives us power to change them; 2. Additionally, you can name each week...Yes, you heard that right— name each week based on its key features! This helps identify that there are clear markers for moving on from a difficult period of time, and helps us look ahead to enter into a new period of time with a positive mindset.

3. Above you had the chance to identify some of your struggles. Have you had the opportunity to name some of the issues and identify clear endings and clear beginnings to weeks, months, or seasons?
4. Now that you have identified some clear markers, what is the next stretch of time with which you can move forward in a positive manner? how will you mark the end of it and reflect on the good and bad?

We can find comfort knowing that Jesus endured intense struggles, stress, and anxiety, only to realize that what gave him comfort was leaning more and more on God and His plan...the bigger picture into which our good and bad weeks fit. Psalms 119:105 tells us that, "Your word is a lamp for my feet, a light on my path." We may not be able to see the entire journey and we may have some cracks in the pavement along the way, but God is with us on that path if we allow Him to light our way....Step by step, day by day.

5. In what ways has God helped keep your path lit? In what ways does His presence in your life provide direction and guidance?
6. Instead of trying to control and predict every part of the future, what are some small steps that you can take to include God and focus on each week one step at a time?

### What's Next?

This week in your faith, take time to name your challenges. Don't do this alone: invite God into the conversation and discuss with trusted friends..You are not alone. Also, practice closing each week out with the good and the bad so that you can start fresh the next week. Consider using our 5-minute Faith Journal to capture these thoughts and invite God into the process!

\*\*\*You can find a template of our 5-minute faith journal at [faithinfive.com](http://faithinfive.com) to further engage your goals and connect them with your faith.\*\*\*