

**JOURNEY GROUP DISCUSSION GUIDE**  
**LIFE'S HEALING CHOICES—PART 5**  
*“Making Changes!”*

**Icebreaker:** What’s the biggest way you’ve changed since you were a child? In what way are you still the same?

- What’s something that stood out to you or impacted you from the message on Sunday?

1) Read **Matthew 5:6**.

What does it mean to you to hunger & thirst for righteousness?

When God wants to change us, why do you think He always starts with conflict?

2) Read **Genesis 32:24-28**.

Is our greatest struggle with someone or something else—or is it with God? Is it a struggle over who is in control? Talk about it!

Why did Jacob keep holding on & not let go? Why didn’t God just overpower him?

Why did God ask Jacob his name in **verse 27** (the name Jacob means “deceiver” and “manipulator”)?

What are your thoughts on the following statement: **When God does His deepest work in our life, He does it in our identity & who we are!**

In your opinion, how does God see us & how does He want us to see ourselves?

3) Read **Genesis 32:31**.

What's significant about Jacob's limp? How does that apply to our lives?

4) Read **Philippians 1:6**.

God will never give up on you—He'll bring the transforming work in your life to completion if you let Him! Where are you seeing progress in your life right now? Share a victory you experienced recently!

What are you hoping to see transformed in your life? What step or action can you take toward making that a reality? In other words, how will you apply this to your life?

**Before we pray, what's one thing your thankful for?**

**Close in prayer.**

**Additional Scripture: Romans 12:2; Matthew 6:33-34; Ephesians 6:18; Philippians 4:8, 13; Proverbs 27:17; Ecclesiastes 4:9-12; I Thessalonians 5:16-18**