

WEEK 1: Changing the Conversation with Ourselves

INTRODUCTION

The most influential voice in your life...is your own voice. You can be your own best friend or your own worst enemy depending on what you have to say to yourself. It's critically important that we learn how to talk to ourselves in the most helpful way possible. As we look at today's topic, let's discover some helpful ideas that may change the conversation you have with yourself.

DISCUSSION QUESTIONS

1. It may seem strange to see people talking to themselves in public. However, the most familiar voice that anyone hears is actually their own. What was your self-talk when you woke up this morning?
2. Discuss a time when you were your own best friend or worst enemy based on something you were saying to yourself.
3. Read Luke 6:45. Pay special attention to the last sentence. If you agree with this statement, how have you seen it play out in your own conversations?
4. What does it mean to you to be "*honest with yourself*" and how do you determine if you are? How can you figure out if you have your own best interest in mind?
5. Read Psalm 103:1-5. In a sense, David was talking to himself in these few sentences. Why do you suppose he was saying the things he was? In what way do you think this exact conversation could be equally beneficial to you?

MOVING FORWARD

A prayer: "Dear God, help me to be honest in my self-talk. Help me to decide to have my own best interest in mind and to be honest with myself. Give me the courage and the faith to speak truth to myself regardless of what I may be feeling in the moment."