



# TALK IT OVER

*Our Talk It Over is designed to prompt insights and dialogue based on the life experience of each participant. Using these in a group setting after hearing the message is similar to the practices of the early church in Israel. Choose just one or a few of the questions to consider this week. It's also a great tool for individual reflection.*

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## Warm Up

Think back five or ten years. What's one habit, interest, or perspective you have today that would have surprised your younger self?

## Read

Timothy 3:14-16 & Colossians 2:6-8



## Discuss

1. We are all shaped by our environment, relationships, and experiences. Which of those three do you think has influenced you the most over the past year?
2. Many of us can identify unhealthy influences in our lives, but we keep them around because they're comfortable, familiar, or socially accepted. What makes it so difficult to remove influences that are shaping us in unhealthy ways?
3. What's one thing you'll do this week to become more intentional about who you are becoming?

## Apply

Take ten minutes sometime this week and honestly answer these two questions:

- Who am I becoming?
- What is shaping me into that person?

Choose one practical change to make this week. It could be adjusting your media habits, spending time with someone who encourages your growth, creating space for prayer, reading Scripture, or taking a step you've been avoiding.

## Pray

God, thank you for creating us with purpose and for loving us more deeply than we can imagine. Help us recognize the influences that are shaping our lives. Give us wisdom to choose what is good, courage to take the next right step, and hearts that become more like the people you created us to be. Amen.