

# Session #1

You can get much more from this course by using this study guide. Take your life change to the next level by investing just 15 minutes.

1. **Watch** Video Session 1
2. **Write** responses to the *Have I Got It Yet?* questions
3. **Write** responses to the *A Look At The Book* questions
4. **Discuss** these questions with a friend

## HAVE I GOT IT YET? QUESTIONS

1. (*Session 1 Video - 0:26*) **“Most of us tend to just wing it and go with what feels right without understanding how to figure out what is true and what isn’t in the issues and events that bombard us every day. Instead of really thinking, we tend to just repeat what we’ve been taught to say, sort of like a trained parrot.”**

**This may be quite a provocative statement to you. How do you respond to this?**

**Take a few minutes to think about the above paragraph. Is there any truth to this in your life?**

2. (*Session 1 Video - 0:26*) **Are you aware that you are bombarded every day with people’s opinions on all sorts of subjects?**

**How do you respond to these opinions?**

**3. (Session 1 Video – 1:06) What methods do you currently use to figure out what is really true and what is not?**

**If you are in a group, share your thoughts with each other.**

**4. (Session 1 Video – 2:36) “Some things that people think are the major problems in our society are only symptoms of the real problem.”**

**Do you agree or disagree? Why?**

**What do people around you think are the biggest problems in society?**

**5. (Session 1 Video – 2:59) How do you define the word “real”?**

**What does the statement “true things match real things and real things are true” say to you? (Be ready as you go further in this course to give this statement even more thought).**

**6. What is one thing that caught your attention as you listened to this talk? Write down some key points expressing your thoughts. (If you are in a group, share your thoughts with each other)**

**What is the main thing mentioned in this section that would cause you to change how you think or act?**

## **A LOOK AT THE BOOK QUESTIONS**

**Read Psalm 119:169**

**“O Lord, listen to my cry; give me the discerning mind you promised” (NLT).**

**What is the thought of the verse?**

**As you read the verse what questions or observations come to mind?**

**Is there something in this verse that you can apply to your life?**

**Write a one sentence prayer to God.**