

SWIPE Right

PART 2: Personal Advisory Board

INTRODUCTION

We all have areas of life where we feel stuck, incompetent, or overwhelmed. Whether it's trying to get in shape, improve a relationship, pick up new career skills, or break a bad habit, we've all experienced the challenge of trying to change. It's especially difficult when we try to make big changes by ourselves. We can't get where we want to be without the help of others. If you *swipe right* on this one habit, it will be life-giving and life-preserving.

DISCUSSION QUESTIONS

1. Talk about a time when you tried to break a habit, big or small. What did you do? Did it work?
2. What are some reasons people avoid seeking the help of others? What are some of the costs of not reaching out for help?
3. During the message, Clay said, *"We can't get to where we want to be alone."* Talk about someone who helped you grow or change. What kind of wisdom and support did that person offer?
4. In what area of life—financial, emotional, relational, physical, intellectual, or spiritual—do you need to make some changes? What would it take for you to be humble, transparent, and vulnerable with someone about that area of your life?
5. Read 1 Peter 5:5. What would it look like to "clothe yourself in humility" when it comes to the area of life you identified in the previous question?
6. What kind of person should you be looking for right now to help you change? What is one step you can take toward finding or reaching out to that person? How can this group help you?

MOVING FORWARD

Do you want to change some area of your life? Someone else knows what you don't yet know. What kind of person should you be looking for? If you're going to succeed in changing, you need to find someone wise, accomplished, and available.

CHANGING YOUR MIND

In the same way, you who are younger, submit yourselves to your elders. All of you, clothe yourselves with humility toward one another, because,

*"God opposes the proud
but shows favor to the humble."*

1 Peter 5:5