Change Your Thoughts, Change Your Health August Session

Importance of Group Connection:

How are you going to encourage each other and meet during the month?

Review from July's teaching and small group for today:

- 1. Declaration Statement
- 2. Who is God?
- 3. God looks at me and thinks:

August teaching:

- 1. Double Whys
 - Why?
 - Why Not?

2. Freedom Model & Iceberg	
Small Group for Today	
1. Share your declarations and how your view of God and what G thinks of you plays into the lie?	oc
2. How will you support each other throughout the month?	

Self-Reflection for the Month:

1.	What are your Why's and Why Not's?	Ask yourself 5 Whys
2.	What have you learned from the Free	dom Model/Iceberg?