



242 Small Group Study Guide  
Getting Past Your Past, Part 1  
“Breaking the Label that Binds”

Talking through the message during your 242 helps you turn what God is saying to you into action steps. These talking points, questions, and scriptures are designed to help you take the next step. If you are leading a group through this guide, don't feel like you have to answer every question. Pick out those questions that will stir conversation and action in your group.

1. What was one of your least favorite nicknames you were called growing up? Why did you dislike your nickname?

Read 2 Corinthians 5:17-21 and Isaiah 62:2. We learn in these verses that in Christ we are all new creations and labels no longer apply because of the new name God has given us.

2. What negative labels follow your name? How have these labels influenced the way you see yourself?
  
3. Why do so many of us accept negative labels and let them define us?
  
4. How should having a God-centered view of yourself change the way you see yourself?
  
5. What new name would best describe your new life in Christ?

Read Matthew 16:17-18, Jeremiah 29:11 and Philippians 3:13-14. These passages show us that God has given us a purpose and a new future.

6. What God-given purpose are you growing into? What next step do you need to take to embrace that purpose?

7. How have you let the labels of your past limit God's plan for your future?
8. How can knowing the future God has planned for you help you overcome your negative labels?