

**What is your Inflection Point for 2017?
Be Brave Session 1**

1. An inflection point is a moment in _____ that changes everything that follows.
2. The key for us will be: how will we _____ to the happenings in life of 2017?
3. Sometimes being _____ is just showing up for Bible study when you don't feel like it.
4. Choose to live a _____ life.
5. Embrace the _____ from the past
6. Make the decision to _____ and not just survive.
7. We all must decide to own our _____.
8. Embrace your own _____.
9. Choose to live your life on _____.
10. Cultivate a life of consistent _____.

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of your past, brings peace for today, and creates a vision for tomorrow." ~Melody Beattie

11. Another way to be 'all in' is to choose to _____.
12. Choose to live a _____ life.
13. Choose to let go of fear, and instead lead and live from a place of _____ love.

Questions for discussion in your groups:

- Do you have an example of an inflection point in your life that has changed things for the better?
- What does it mean for you to embrace your own story?
- Discuss this quote from Dr. Brene Brown: ***"The number one joy indicator, the one thing that will predict whether someone feels joy in their life or not, is the practice of gratitude."***
- What is a practical way that we can let go of our fears?
- Psalm 96:1 commands us to "Sing to the Lord a new song!" Discuss this in your group and talk about a practical way to obey this Scripture.

**Begin the homework in your Be Brave study books. Next time we gather, we will discuss week one!
Let's be all in with our homework.**

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