

Living Your Best Life: Class Outline
March 10, 2024 in the Fireside Room 9:30 AM
Pastor Dave and Dr. Andrew Wingerson
Overcoming Obstacles and Setbacks



Devotional: Philippians 4:8-9

1. Paul learned to be _____ in all circumstances.
2. His joy was not based on _____ situations.
3. Paul realized that God was with him and that gave him “_____ than enough.”

Obstacles that Stand in the Way of Living Your Best Life

Using Your Past to Propel Your Future

1. You are not defined by your _____.
2. God invites us to forget the _____ things: Isaiah 43 and Philippians 3:13
3. God wants to do something _____ in your life.
4. Don't get struck in _____.
5. You were _____ for more than this!

Getting in Touch with Your Feelings:

Understanding My Problems Worksheet- Dr. Andrew

What are your feelings telling you?

Validating your negative feelings

Guilt vs. Shame

1. Guilt is the _____ we feel if we let ourselves or others down by failing to meet a particular standard. Missing a deadline, delaying a project, disappointing a friend.
2. Shame is an unpleasant self-conscious emotion often associated with negative _____ - _____. Shame names us guilty.
3. The difference between guilt and shame:
Shame is personally taking on the _____ of guilt.
I did something wrong vs. I am wrong
I did something embarrassing vs. I am an embarrassment.

Case Study: The Woman at the Well- John 4

What obstacles were in her way?

How does Jesus help her to break free?

What does the water jar represent that she leaves behind?

Dealing with Trauma (EMDR treatment and trauma focused CBT)- Dr. Andrew

Questions, Comments, and Closing Prayer