

Living Your Best Life: Class Outline  
March 24, 2024 in the Fireside Room 9:30 AM  
Pastor Dave and Dr. Andrew Wingerson  
Practicing our Best Life



Devotional: Psalm 139:13-16

1. You are \_\_\_\_\_ by the hand of God.
2. You were \_\_\_\_\_ put together.
3. Your value and \_\_\_\_\_ comes from the Lord.
4. God knows you and wants a \_\_\_\_\_ with you.
5. How we think about our \_\_\_\_\_ is directly tied in with how we think about \_\_\_\_\_.

What Sparks Change:

1. Being sick and \_\_\_\_\_ of being sick and tired
2. Having an “I’ve \_\_\_\_\_ It” moment.
3. Not \_\_\_\_\_ to live like this anymore.
4. Wanting a \_\_\_\_\_ life and/or to be a better person.

Avoiding Destructive Barriers to Change: Destructive patterns are repetitive behaviors, mindsets, and processes that act as stumbling blocks to progress and impede positive change.

1. Holding on to the \_\_\_\_\_.
2. Cognitive and motivational \_\_\_\_\_. (diminishing motivation for the need to change)
3. Avoiding \_\_\_\_\_ self-talk.
4. Silencing negative \_\_\_\_\_ influences.
5. Finding a good \_\_\_\_\_ network that will encourage positive change results.

Abusive Behavior and its Destructive Qualities: Dr. Andrew

1. Tobacco use and addiction and treatment options.
2. Alcohol use and addiction and treatment options.
3. Other substance use and addiction and treatment options.
4. Gambling disorder and treatment options.
5. New areas being explored: Internet gambling disorder.

Autism Spectrum Disorders: Dr. Andrew

Beginning to Live Your Best Life Now:

1. Jesus said, “I have come that you might have life and have it \_\_\_\_\_.” John 10:10
2. Jesus reminds us that loving \_\_\_\_\_ and loving our neighbor is a recipe for living our best and most fulfilling life. (Matthew 22:34-39)
3. “The heart of a man plans his way, but the Lord \_\_\_\_\_ his steps.” (Proverbs 16:9)
4. “Whatever you do, work heartily, as for the \_\_\_\_\_ and not for men.” (Colossians 3:23)
5. The apostle Paul said, “Forgetting what lies behind and \_\_\_\_\_ toward what is ahead.” (Philippians 3:13)

Class Comments and Prayer