

Becoming: Barriers, Breakthroughs, Beliefs, and Boundaries

Group Description

This 8-week study focuses on becoming who God has created you to be. Just like anything else becoming is a process and in most cases the process begins when you become discontent with your life as you know it. A sign that this phase in your development has begun is that life as usually is no longer providing the fulfillment it once did. You begin to feel as if there is more and you are ready to find out what it is. You begin to take a personal inventory to determine where you are in your life walk and where you ultimately want to be. Once you have determined where you would like to be, you will begin to examine what is stopping you from reaching your ultimate destination. What barriers have stood in the way of you reaching your goals? This my friends is where the rubber meets the road, where you decide if you are willing to do what it takes to reach your final destination or will you continue to merely exist in the known.

Everything in life flows from your choices, and even if you don't do anything, by default you have made a choice. The fact that you are reading this tells me that you have made a choice to move forward and often this is the most difficult step in the process. The unknown is scary. It requires you to let go of what you know, hope for better, and all the while stepping out on a belief that there must be something more or greater in store for you. It is in that ownership that things begin to change and the path God has for you begins to unfold.

Course Objectives & Topics

Each week has content and homework that helps the participants walk through a self-discovery process to determine just what is preventing you unsuccessfully meeting both professional and personal goals. The weekly topics include:

- Week 1 beliefs focuses on what we believe.
- Week 2 compares beliefs verses values and determine how they align with our spiritual tenants.
- Week 3 we will examines the barriers we face as we attempt to implement lasting change.
- Week 4 we will take a look the things that serve as obstacles to change.
- Week 5 examines the relevance of breakthroughs in the process of becoming.
- Week 6 we will define boundaries and how emotions impact the implementation or lack of.
- Week 7 explores how we allow our physical circumstances impact our ability to maintain our boundaries.