With your group, discuss a time that you either made up something that was not true or you left out important details when asked about something.

Read the following quote aloud to your group. Then discuss what it means.

“You never find yourself until you face the truth.”

-Pearl Bailey

Life Law #4 states that: You Cannot Change What You Do Not Acknowledge

Give an example from your own life where you have found this to be true.
Take turns sharing about a time you did something because you felt pressured to do so by your friends. How did it make you feel? Did you give in? If so, why?

Read the following quote aloud to your group. Then discuss what it means.

“To get nowhere, follow the crowd.”

-Charlie Brown

Discuss what the illustration means.

Life Law #4: You Cannot Change What You Do Not Acknowledge

Take turns sharing about how denial and staying in your comfort zone can be equally detrimental to your life.