

**CHANGE YOUR  
PERSPECTIVE,  
CHANGE  
YOUR  
LIFE**

**SMALL GROUP  
SERIES GUIDE**



# WELCOME TO CHANGE YOUR PERSPECTIVE, CHANGE YOUR LIFE

Do you ever feel stuck in life?

Sometimes it feels like we would be happy, “If it weren’t for...” or, “If we weren’t worried about...” But when our situation doesn’t change, we can feel defeated and start making excuses.

“I would be healthy, but nothing works for me.”

“I would have good relationships, but people can’t be trusted.”  
“I would be happy, but this job keeps me stressed out.”

I have some good news for you: God did not call you to live in defeat. He called you to live in victory! Before your situation changes, your perspective has to change. You don’t have to live controlled by your circumstances, weighed down and exhausted. You can rise above your challenges and live with unshakable joy and supernatural peace. It’s time for a perspective shift!

This fall, let’s dive deeper into what it means to be a disciple of Jesus. We’re going to study the book of Philippians and discover how to step into a life of freedom—no matter what circumstances we face.

This is your year to break free from excuses. God has MORE for you in 2025!

Let’s do this together!

*Herbert Cooper*

Pastor Herbert Cooper



# GETTING THE MOST OUT OF THIS STUDY

Each session for the *Change Your Perspective, Change Your Life* study in the book of Philippians includes the following sections:

## **Engage in the Sermon Messages**

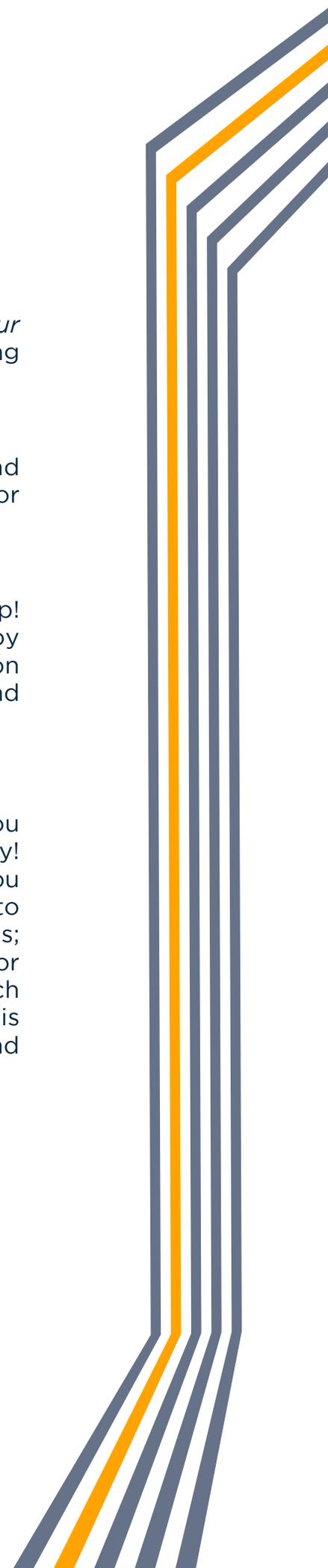
If you are also watching the weekly sermons that correspond to the themes of each session, feel free to use this page for personal notes and reflection.

## **Enjoy the Small Group Sessions**

Connect with God and grow in community in a small group! This section provides everything you need for a group. Enjoy the weekly video sessions along with life-giving discussion questions that will encourage your group to open up and grow together.

## **Dive into the Daily Devotional Plan**

Daily devotional guides have been written to help lead you on your *Change Your Perspective, Change Your Life* journey! Journal pages are included with each daily guide so you can reflect upon and write down what God is speaking to you. Note that each week's session includes six devotionals; the seventh day—called Weekly Reflection—is intended for a “reset” before beginning the next week's session. Each week, you find a key Bible verse for you to memorize. This memory verse will be focused on the topic of the week, and you can memorize a portion of the verse each day.



## USING THIS RESOURCE

You can find all the resources—including the small group videos, small group discussion guides, and daily devotions by navigating to [peoples.church/perspective](https://peoples.church/perspective) - The guides are all available as **PDF downloads**, and you have two easy options:

- **Use them digitally** on your phone, tablet, or computer.
- **Print them out** if you prefer to have a physical copy to write on or print multiple copies to share with your small group.

## HOW TO PRINT A PDF

### From Your Phone (Apple or Android)

1. **Go to** [peoples.church/perspective](https://peoples.church/perspective) and **download the PDF** you'd like to print.
2. **Open the file** using your browser, Apple Books, or a PDF viewer.
3. Tap the **share icon** (a box with an arrow or three dots).
4. Select **“Print”** from the menu.
5. Make sure your phone is connected to the same **Wi-Fi network as your printer**.
6. Tap **“Print.”**

### From Your Computer (Windows or Mac)

1. **Open the PDF** from [peoples.church/perspective](https://peoples.church/perspective)
  2. Click the **print icon** or press **Ctrl + P** (Windows) or **Command + P** (Mac).
  3. Choose your **printer** and select which **pages** you want to print.
  4. Click **“Print.”**
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