

Outline

Part 1: Introduction, Vision and Obstacles

We all encounter problems in life, in three main arenas: relationships, our behavior, and our performance at work or tasks. Problems are normal, but they are still problems. However, we often don't have the skills we need to solve them. In this series, Dr. Townsend presents a system of problem-solving that is based on his psychological knowledge, the Bible, and current problem-solving theory and research. This system is based on his new book, *"Now What Do I Do?"* These discussions will help you address and resolve problems of any type. This first talk provides the foundation and vision on how to start the process.

DVD small group discussion questions:

#1: Name a current problem you are interested in tackling during this series, and its effect on your life. Call it the "Darth Vader Problem".

#2: Which of the obstacles have kept you stuck and why?

#3: What is your vision for what you would like to see happen?