



WEEKLY REFLECTION & CHALLENGE SHEET

"WHO BEFORE DO" | January 3, 2021

ICE BREAKERS:

Share a New Year's Resolution you actually succeeded at accomplishing.
Share another that you didn't.

Share together:

How do we respond to Jesus' challenge to "hate everyone else" in Luke 14:26? What does He mean?

Agree or Disagree:

Successful people do consistently what other people do occasionally.

Read together: Romans 7:15-25

How do you identify with Paul? Have you placed your failures as your identity? (v. 24)

Reflect: In his message today, Pastor Terry listed 3 ways that we often trip ourselves up when trying to achieve our goals. Discuss each one and how that particular one applies to you.

- **We focus on the WHAT but don't understand the WHO.**

"You don't rise to the level of your goals, you fall to the level of your systems." James Clear

- **We don't see PROGRESS FAST enough.**

"It's the things that NO ONE sees that bring the results that EVERYONE wants."

- **Our DISTORTED IDENTITY sabotages our success.**

"An UNHEALTHY identity creates UNWISE habits - A HEALTHY identity creates POSITIVE habits."

This week's challenge: Pick just one of the possible things that get in your way of success. Take some time to write out your plan to address that area of your life. Be prepared to share with your family or bring back to your Life Group next week.

HUGE Challenge: Begin this year with a fast (going without). Fasting is a way to seek God's will and favor in your life. Research safe ways to fast and discover the blessing!