



You in 5 Years The Life You Get Stuck With

Look Back – Care, Praise, Loving Accountability, Vision – 20 mins This is a time to see how everyone’s week was. Were they successful in the previous week’s goals? Were they unsuccessful? It’s also a time to pour vision into your group. Give them the why behind things we are doing church wide. **Make sure to have your update outline with you so you can reference different points from the sermon.**

- What would “5 Years Younger You” say to you today?

Look Up – What does the Bible say? Practice – 20 mins

- Read Romans 13:11-14 MSG version. What can we learn from Paul’s words?
- How do you get caught up in the day to day?
- Pastor Brad said that there’s a lot of urgency in these verses. Urgency about what?
- Pastor Brad said, “The ways you let in become the ways you are set in”. What “ways” have you let in? How have you become set in them?
- Pastor Brad 4 thoughts on the ways we get stuck in: Time is not on your side, The future you is an amplified version of the current you, If you don’t like what you are getting, change what you are doing, & Ongoing consistency is much more important than short-term intensity.
- Which of these 4 thoughts resonated with you? Why? **(Be prepared to share first)**

Look Forward – Set Goals (For Accountability), Commission and Pray – 20 mins

Commit to a step and live it out this week.

- Where do you want to be in 5 years? Name on thing or goal you would like to achieve in 5 years.
- What do you need to do today to make that happen? Find someone to help encourage you in that goal.