



## You in 5 Years What Can't be Taken Away

**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.**

- Which word (DO, REST, SEEK, TRUST) did you choose to focus on last week and why?
- Did anyone have a New Year's Resolution? How's it going? Anyone have one they were totally successful with?

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

- Read Romans 7:15-25. Does what Paul describe resonate with you? Have you felt the weight of your failures attaching to your identity? How were you able to overcome that?
- Pastor Brad said we focus on the what but we don't understand the how. Does that change how you see why you've failed? Author James Clear said that we don't rise to the level of our goals but we fall to the level of our systems. What does that mean in your life?
- Pastor Brad said the 2<sup>nd</sup> reason we fail is b/c we don't see progress fast enough. Does this ring true in your life? How?
- Read Galatians 6:9-10. How does Paul encourage us to keep making the good small decisions here?
- The 3<sup>rd</sup> reason we fail is that our distorted identity sabotages our ability to succeed. Do you struggle with a distorted identity? How has that sabotaged your success (spiritually and physically)? **Recognize this could be a very sensitive question for some.**
- Read Romans 6:6-7, 18. How does this help you see who you really are in Jesus?

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

Commit to a step and live it out this week.

- Healthy identity creates positive habits. Positive habits reinforce a healthy identity.
- Write down 5 habits you want to establish over the next 5 years. Share them with your group. Continue to keep track. Encourage one another in your quest to be the you God has planned.