



Monday: A Fresh Start to Our Week– Pastor Mark Pope
January 11/12, 2024

1. How do you typically begin a new week? What do you do to "re-boot" before a new week begins?
2. How has carrying past baggage interfered with your ability to cope with the present? What kinds of things do you tend to "over ponder"?
3. Look at Isaiah 43:18. How can refusing to dwell on the past help us to forget the former things we need to forget?
4. Pastor Mark shared that we may need to "anticipate some wilderness." Do you spiritually prepare for difficult situations in your life? How can you prepare more effectively going forward?
5. When was the last time emptied your baggage? How can you make that a more regular practice in your life?
6. How can you start to build preemptive prayer into your life this week?